

- About 3 months after transplant, you may go back to your own kidney doctor.
- Feel free to write a letter to the donor’s family at any time. Give your letter to a member of your transplant team.

What to Do While You Wait

- Tell us if your address, phone number, or insurance changes.
- Tell us if you are sick, having surgery, or going out of town.
- Tell us if you no longer want a transplant.
- Follow your kidney diet.
- Follow your dialysis prescription.
- Take all of your medicines as prescribed.
- Watch how much fluid you drink.
- Exercise 30 minutes a day so that you are strong and ready for surgery.
- Check with your caregivers to make sure they can still help after your transplant.

What NOT to Do

- Do **not** abuse alcohol. This means no more than 2 drinks a day for men, and no more than 1 drink a day for women.
- Do **not** use recreational drugs such as cigarettes, chew, or marijuana.
- Do **not** gain or lose a lot of weight unless your transplant team tells you to do so.
- Do **not** stop taking your medicines after transplant. If you do, you might reject your new kidney and may even need to go back on dialysis. And, if you need another transplant, it may be harder to find a kidney match the next time.

IMPORTANT!!!

You may be removed from the transplant waitlist at any time if you:

- Skip your medicines, dialysis, or healthcare visits
- Use recreational drugs or abuse alcohol
- Gain or lose too much weight
- Do not have a care plan for after transplant
- Have health changes that make it unsafe to do transplant surgery

Questions?

Your questions are important. Call us if you have questions or concerns.

Transplant Services: 206.598.3882

To learn more, please read “Guide to Your Kidney/Pancreas Transplant” or visit www.uwmedicine.org/kidney.

| | |
|---------------------------|--------------|
| Medical Records | 206.744.9000 |
| Patient Relations | 206.598.8382 |
| Pharmacy..... | 206.598.4363 |
| UWMC Operator | 206.598.3300 |
| UWMC Paging Operator..... | 206.598.6190 |

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Quick Guide to Your Kidney Transplant

Steps on your journey



1. Referral to UWMC

After your kidney doctor refers you to our program:

- We will mail you forms to fill out.
- Please read “Guide to Your Kidney/Pancreas Transplant” and think about questions to ask us!

2. Meet with a Transplant Nephrologist

- We may ask you questions about your medical history.
- You will have a physical exam.
- We want to hear your questions!

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After your visit, we will send you a letter in the mail to explain:

- If kidney transplant is an option for you
- What tests you need to have

3. Do Your Tests

You may need:

- Heart tests
- Imaging of your abdomen
- Cancer screening, such as:
 - Mammogram
 - Pap smear
 - Colonoscopy
- To visit a dentist for a dental checkup

If it is easy for you to come to UWMC, we are happy to schedule your tests here.

4. Meet the Rest of the Transplant Team

Please bring your caregivers. At this visit:

- You will meet with a nurse coordinator, registered dietitian, social worker, and transplant surgeon.
- You may also meet with a psychiatrist or nurse practitioner, or both.
- You may have blood drawn for lab tests.

5. Making the Decision

The whole transplant team – transplant nephrologist, transplant surgeon, nurse

coordinator, registered dietitian, social worker, psychiatrist, nurse practitioner – meets once a week. After we meet, we will send you a letter telling you if we think it is safe for you to receive a kidney transplant.

- If it is not safe, we may ask your doctor to refer you again when you are in better health.
- If we are not sure, we may ask you to do more testing.
- If we all agree it is safe, you can go on the transplant waitlist!

6. Wait Time

- While you are waiting, talk with your family and friends about living kidney donation. It is the best way to receive a new kidney!
- Your wait time for your transplant may depend on many things, including your blood type, your age, and when you started dialysis. Some people wait less than 1 year, but most people wait 3 to 5 years.
- While you are active on the waitlist, you may send in a vial of blood once a month. We will compare it with the blood of any potential transplant kidney match.
- Please stay healthy by eating a balanced diet, exercising, doing your dialysis, and taking your medicines.
- To update your records about once a year:
 - You may need to repeat heart testing.
 - You may need to return to the clinic for questions and a physical exam.

7. Getting the Call

- We may call you for transplant at any time. Make sure we have the best phone numbers for you!
- You may be called as a *primary* recipient (first in line) or as a *backup* (second in line). We will tell you when to come to UWMC and where to go.
- To protect their privacy, we can tell you only basic information about your donor.
- Be prepared that the surgery might not happen. You might have a new health problem, or the kidney may not be a good match. But, getting the call is a sign that you are moving up the waitlist!

8. After Transplant

- After surgery, you will most likely stay in the hospital for 3 to 7 days.
- You will be taking many new medicines. You must take them at the same time every day. You will take some of these medicines for the rest of your life.
- Before you leave the hospital, we will help you learn your new medicines, your new diet, and local housing options.
- For 3 to 4 weeks after discharge, you may visit our clinic 3 times a week, at 7:30 a.m.! Some people who live farther away choose to stay with friends in the area or in a local hotel during this time.
- You will not be able to drive until your doctor says it is OK.