Preparing for Transplantation
How Do I Get on a Transplant List?

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I have been told I need a kidney transplant? What’s my first step
DO Your Homework!!

- Without a living donor, waiting time for a kidney is between 5-7 years.
  - New waitlist criteria 2015
- Picking a transplant center is a LONG term relationship
- Go on-line, check out the different transplant centers.
- Utilize other websites such as NKFI, UNOS, and OPTN
- Talk to other patients who are listed at various centers
Bottom Line- YOU need to make the first move

- When you have chosen a transplant center of your choice…… Call and make an initial appointment.
- Some transplant centers prefer you to go to a transplant education class.
- Other transplant centers start with a one-on-one meeting with the patient and the whole transplant team which consist of a pre-transplant nurse, surgeon, social worker, pharm D, dietician and financial coordinator.
My first visit:

- Meet with transplant team
- Thoroughly explained how the transplant process works. Explain what options you have.
- Talk about the risks and what is expected of you as a patient.
- Q & A for the nurse and transplant surgeon
- Blood Draw
- Orders for other tests
After my initial visit to the transplant center, am I officially on the kidney waiting list?
Reality

NO!!!
Medical Work-Up

Below are a series of tests you will be asked to complete:

• Blood tests – ABO Typing, HLA Typing (tissue typing)

• Tests to check your heart and lung function – i.e., chest x-ray, EKG, stress echo

• Circulation test for diabetics or patients over 55 years of age

• Abdominal ultrasound

• Cardiology consult

• Consult with other medical services as necessary
Getting on the List

- Once you have completed your medical work-up your evaluation will be presented at our kidney transplant meeting. Your medical, psychosocial and financial work-up will be reviewed.

- A decision will be made as to whether or not you are an appropriate candidate for a kidney transplant. If you are found to be an appropriate candidate you will be placed on the deceased donor list at a transplant center.

YOU WILL RECEIVE A LETTER FROM US VERIFYING THE DATE YOU WERE LISTED
Question:

Are you on the transplant list?
YES!
What Does it Mean to be on ‘The List?’

- Once on the list, you will take your place in line behind other patients who have the same blood type as you. As these patients receive their transplants, you will move up on the list.

- Strict federal guidelines are enforced to ensure the equitable distribution of organs

- Our local organ procurement organization is Gift of Hope, which is responsible for the coordination of organ donation in the northern three-quarters of Illinois and for Northwest Indiana
What Does it Mean to be on ‘The List?’

- When you are placed on the deceased donor waiting list, you are entered into the UNOS database.

- UNOS – United Network for Organ Sharing is a federally mandated registration center for organ transplant candidates in the U.S. [www.unos.org](http://www.unos.org)
While Waiting….

- **STAY HEALTHY!**
- Do NOT miss your dialysis treatments
- Do NOT cut dialysis treatments short
- Take your medication
- Follow your diet
- Make sure you have your Gift of Hope monthly blood draws. Failure to have your blood drawn and sent to Gift of Hope once a month may result in you loosing the chance to receive a kidney.
While Waiting…

- Each year we will call you for an update appointment

- Your yearly update will consist of:
  - Cardiac evaluation
  - Women: Yearly pap smears and yearly mammogram (over age 40)
  - Men over 55: Yearly PSA & prostate exam
Things you Should Always Know!!!!!!

• Who your nurse is!
• Who your surgeon is!
• If you are currently active on the list!
Be Prepared

- It is important that you are ready to receive your new kidney at ANY time day or night. We only have ONE hour to locate you, so…….

PLEASE NOTIFY US IF:

You change your PHONE NUMBER OR ADDRESS!!

- If we are unable to locate you, we will be forced to pass up the kidney offer and it will go to the next person waiting on the list.
Questions?

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- Doug Penrod – Northwestern Medicine
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- Lisa Sandoval – University of Chicago Medicine
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