

# Planning for a Kidney Transplant

Kidney transplant is surgery to place a healthy kidney from a donor into a person whose kidneys no longer work properly. Only one kidney is transplanted. A kidney transplant is one type of treatment for end stage renal disease (ESRD). Getting a transplant can be a life-changing decision.

This tool has been developed by kidney transplant patients to offer tips they have used to prepare for the transplant process.



Stay in touch with members of your healthcare team. Talk with your kidney doctor. Make time to speak with your social worker.



Your social worker can help you start the evaluation process and learn about transplant hospitals and centers.



Be sure that you can easily get to the transplant center for all of your appointments before and after the transplant. You will need to be able to get to the transplant center quickly when a kidney has been found for you.



You will meet a transplant team that will work with you to make sure your transplant is as successful as possible. You need to feel comfortable talking with them and asking them questions. This team will have a transplant surgeon, kidney doctors, a social worker, and transplant coordinator. There may be other members on the team to also help you. You will need to have an exam with the transplant team every year.

**If you have any questions about transplant or your wait time, you can contact your transplant coordinator.**

*If you need a deceased donor kidney, you will be placed on a waiting list until a kidney is available. Your waiting time can depend on many different things. You can talk to your transplant coordinator about factors that may determine how long you have to wait for a kidney.*

Source: American Kidney Fund. (2020, June 19). Preparing for Transplant. Retrieved from <https://www.kidneyfund.org/kidney-disease/kidney-failure/treatment-of-kidney-failure/kidney-transplant/preparing-for-transplant/>.



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This material was developed by the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services, based on material originally prepared by the Centers for Disease Control and Prevention. The contents do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. FL-ESRD NCC-7N5TA2-07152020-01

