

Preparing for a Kidney Transplant

- 1** Be sure to follow up with all of your doctors. Keep all appointments with your healthcare team.
- 2** Do not skip or shorten your dialysis treatments.
- 3** Take your medications and follow the instructions you are given by your doctor and the pharmacist.
- 4** Stick to your renal diet. Work closely with the dietitian on your healthcare team to make a meal plan that is right for you.
- 5** Talk to your doctor about exercise and ways to be more active. If you are overweight or underweight, you may not be able to get a transplant until your weight has improved.
- 6** Prevent infection. Wash your hands often. Use hand sanitizer. You can wear a mask while receiving your dialysis treatment and during flu season. If you are called for a transplant while you are sick, you may not be able to receive it until you are better.
- 7** If you have to visit the emergency room or have a hospital stay, call your transplant coordinator. Also let he or she know if you have an illness, like the flu or pneumonia. It is very important that your transplant coordinator know about any changes in your health.

Important to Remember



- One transplant center may not accept you, while a different one might. Do not give up!
- Make sure your transplant team has the best phone number to call you at any time.
- Not everyone can get a transplant. A patient must be healthy enough to have the surgery. You also must be able to take the medications which will help your body accept the new kidney.

Do not be afraid to speak up for yourself during the transplant process. Tell your transplant team how you feel. If you are worried about something, let them know. It is okay to ask every question that comes to mind.

If you cannot have a kidney transplant or if you do not want to have one, there are types of dialysis treatments that may fit your lifestyle. Talk to the doctor or social worker on your healthcare team for more information on transplant and treatment options.

Source: American Kidney Fund. Preparing for Transplant. (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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