



Thinking about a Kidney Transplant?

The First Step - Make Choices

- ◆ Talk to your doctor and healthcare team
- ◆ Talk to your family about living donation

... every kidney patient can be evaluated for a transplant

The Second Step - Evaluation

Healthy enough for surgery? You will need...

- ◆ A medical work-up
- ◆ A dental exam
- ◆ A series of blood tests & X-rays

Living donors will need an evaluation too.

... a patient with a living donor can get a transplant sooner

... there are some costs and expenses—the social worker can help with a financial evaluation

The Third Step - Be Ready

If accepted for a transplant...

- ◆ Inform transplant center of any change in your health
- ◆ Regularly check waiting list status
- ◆ Follow diet, medication & dialysis prescriptions
- ◆ Learn all you can about the transplant process
- ◆ Learn how to keep your new kidney healthy

... a patient may not be eligible for a transplant for reasons that can be changed — talk to the health-care team for suggestions and support

... not all transplant centers have the same rules for acceptance



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