

Transplant Referral: Just Make the Call!

To have the healthiest life possible as a kidney patient, you may want to consider a kidney transplant. Although the journey to transplant may seem like a long one, it is easier to think about if you break it down into steps:

1. To set up a transplant referral, you just need to call the transplant center and they will make the appointment for you. Your nurse or social worker would be happy to help you make the call; just ask them.
2. At your referral appointment, the transplant center staff can answer your questions about the surgery, organ donor waitlist, living donation, transplant medications, finances, and any others you can think of.
3. New allocation methods have been developed to distribute kidneys, so your wait time may not be as long as you may have heard.
4. Each transplant center evaluates patients for transplant by its own rules. If you are ineligible at one transplant center, you may be

eligible at another one; you just need to check them out. Your dialysis care team will have a list of ALL transplant centers you can call.

5. Once you are on the waitlist, the transplant center and your dialysis facility staff will help you to stay active on the waitlist and let you know the requirements.
6. If you are afraid of the “downtime” that transplant surgery would require, just remember all the free time you will have with a successful kidney transplant. No more dialysis treatment, no fluid restrictions, and no more renal diet.

To file a grievance, patients may contact:
ESRD Network 10 | 911 E. 86th St., Ste. 30
Indianapolis, IN 46240
Toll-Free Patient Line: (800) 456-6919

ESRD Network 12 | 2300 Main St., Ste. 900
Kansas City, MO 64108
Toll-Free Patient Line: (800) 444-9965



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Is Transplant for Me?
Consider Your Options





Transplant or Not? Know Your Options

I'm used to dialysis now. I have adjusted my life around my treatments.

Getting a kidney transplant has many benefits!

- More free time from not having to go to dialysis
- More flexibility to travel and work
- Fewer appointments
- Fewer limits on what you can eat
- More energy

I'm too old to get a kidney. I wouldn't want to take the chance away from a younger person in need.

Each transplant center has different criteria for age and considers many other factors. You will be matched with the very best kidney for you no matter what age you are.

The waitlist is too long! I will have to wait too many years on the waitlist for a matching kidney.

There are other options! Finding a living donor, multi-listing at more than one transplant center, or accepting a kidney with a high kidney donor profile index (KDPI) score can reduce your wait time for a kidney. A high KDPI means that the donor was older or had some health problems. These kidneys typically last 7-10 years and are also called extended donor criteria (ECD) kidneys. Time on dialysis counts toward your waitlist time!



I don't want to ask any of my family or friends for a living donation. I wouldn't want to put their health at risk.

Kidney donors are able to return to their regular activities about 4-6 weeks after surgery. There are no dietary restrictions following donation, and a female kidney donor can still become pregnant following donation.

I probably wouldn't be able to find a match for a living donor.

You don't have to be a match to your living donor. Many transplant centers do paired donation where your donor can give a kidney to someone they match, and you can receive a kidney from someone else's donor who matches you.

