

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 “down time”** 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 call (800) 456-6919 or download forms from our website: ESRDNetwork10.org, and send to Qsource ESRD Network 10.

This resource was developed while under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Contract #HHSM-500-2016-00010C. The contents presented do not necessarily reflect CMS policy. 17-Q-ESRD10.12.002



Is Transplant For Me? Consider Your Options



Inside this brochure are common concerns patients often have about kidney transplants, with solutions to help patients get on the transplant waitlist. For more information, ask your dialysis nurse or other care team member for help to get started with a transplant referral. You can also call The Renal Network for more information, 1-800-456-6919.

Transplant or Not? Know Your Options

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



You may live longer if you have a transplant. The 2015 USRDS Annual Report lists “survival or life expectancy for end-stage renal patients for five years after starting treatment this way:

- 4 out of 10 will survive on dialysis
- 7 out of 10 will survive with a deceased donor kidney transplant
- 8 out of 10 will survive with a living donor kidney transplant



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

There is a new kidney allocation system, called KDPI, that matches older people with older kidneys or kidneys from donors who may have had some health problems. These kidneys still last 7-10 years and the wait time may be shorter.

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



There are other options! Living donors or accepting a kidney with a higher KDPI score can reduce your wait time for a kidney. 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.