While You Wait for a Kidney Transplant

Being on the kidney transplant wait list is a big step. While you wait, it's important to stay healthy, stay involved in your care, and stay in touch with your dialysis and transplant teams. They can help you stay ready when a kidney becomes available.



How Long Will I Wait?

There's no set time for getting a kidney. It depends on things like:

- Your blood type
- Your health. This includes other conditions in addition to end-stage kidney disease and increased antibodies
- How long you have been on dialysis
- Where you live
- If your kidney comes from a living or deceased donor
- Your willingness to consider a higher risk kidney (high KDPI kidney)

While you wait, your job is to take care of yourself and stay active in your care.



What Can I Do While I Wait?

Follow your healthcare team direction

- Go to all dialysis treatments. Do not cut treatments short.
- This includes diet, phosphorus, and fluid intake. Not following these recommendations can temporarily or permanently take you off the waitlist.
- Take your medicine as prescribed.
- Keep all your doctor's appointments and complete all required monthly/annual testing/blood work.
- Try to avoid hospital stays and treat infections quickly. Good hand washing is a key to staying infection free.



Physical and Mental Health

- Keep moving/exercising if your care team says it's okay.
- Tell your transplant center if your health, address, phone number or insurance changes.
- Keep your cell phone charged. Make sure your phone will accept voicemail messages and answer the phone (transplants can happen at all hours of the day or night).
- Stop unhealthy habits such as smoking, alcohol, and illegal drugs.

- Be patient. You may receive calls that will not result in a transplant due to various reasons that you cannot control.
- Try to live life as best as you can, and try not to make your disease your primary focus.
- Manage stress and maintain a positive attitude.



Consider Living Donation

A kidney from a living donor may be available sooner and may work better long-term. A living donor can be a family member, friend, or someone you don't know.

If you're interested, talk to your transplant center. Sharing your story to friends, family and even social media may help others learn about living donation and it could lead to someone being willing to donate a kidney to you.



Speak Up For Yourself

You are your best advocate. Ask questions and stay involved in your care.

- Ask if you don't understand something.
- Bring someone you trust to appointments.
- Write down notes and questions.
- Talk openly with your dialysis and transplant teams.



Stay Connected

Waiting can be hard. Support from others can help.

- Talk to your care team if you feel sad, worried, or stressed.
- Ask if your dialysis center has support groups or counseling.
- Join a transplant support group or online community.
- Find a peer mentor, someone who has been through the transplant process.

For more information or to file a grievance, please contact:

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3725 Champion Hills Drive, Ste. 3100
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