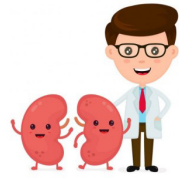


# KIDNEY TRANSPLANT CHECKLIST



There are many steps before you're approved to be on the transplant wait list. It usually starts with talking to your dialysis care team to get the referral process started, or you can initiate the process yourself. This checklist will help you get ready for the transplant evaluation process.

## GETTING STARTED

- Did you receive a phone call from the transplant center with a date & time for your referral appointment?  
**Appointment Date:** \_\_\_\_\_ **Appointment Time:** \_\_\_\_\_ **With Who:** \_\_\_\_\_
- Be sure to have the name and phone number of the transplant center.
- Be sure to have the names and phone numbers of the members of your transplant team.
- Be sure to speak with your insurance provider about coverage and with the transplant financial coordinator.

## DAY OF REFERRAL APPOINTMENT

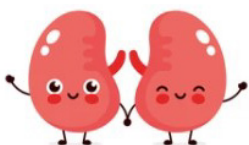
- Be sure to have a support person and any necessary paperwork or documents with you. Be sure to ask your transplant coordinator what paperwork, documents or anything else you may need to bring with you.  
**Who/What to bring:** \_\_\_\_\_
- Be sure to have a list of all your medications and physicians.
- Be sure to check if fasting is needed if lab work is being drawn during your appointment.
- Be sure to write down any questions you might have.

## EVALUATION

- There are procedures or tests you might have to complete during the process. If you have completed the tests, be sure to bring the results with you to your appointment. Tests can include: cardiac evaluation, colonoscopy, Pap smear, cancer screening, or stress test. **Other tests:** \_\_\_\_\_
- The evaluation process varies at different transplant centers. Be sure to ask your center how long you can expect to wait before you are approved to be on the wait list.  
**Expected time frame:** \_\_\_\_\_
- Be sure to speak with your transplant center regarding their visitor policy due to COVID-19 restrictions.

## RESULTS

- Once you have completed the evaluation, tests, and submitted all the documents needed, the Medical Review Board will decide if you are approved to get on the wait list.  
**Expected time frame to hear result:** \_\_\_\_\_ **Result:** \_\_\_\_\_



**Congratulations on taking the steps to get on the transplant wait list!**  
**Be sure to stay in touch with your transplant coordinator.**

## IMPORTANT NUMBERS

### TRANSPLANT TEAM

Transplant Center

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Transplant Coordinator

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Social Worker

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Financial Coordinator

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### PHONE NUMBERS

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PROCEDURE APPOINTMENT	DATE	TIME	LOCATION

## NOTES/QUESTIONS

### Questions to ask include:

1. What are the benefits and quality of life of a transplant?

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2. Can I be listed at multiple transplant centers?

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3. If I get denied, can I still get a transplant elsewhere?

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4. What is living donation?

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For more information on kidney transplant visit [www.mytransplantcoach.org](http://www.mytransplantcoach.org) or scan the QR Code to visit My Transplant Coach!



**Now that you're on the road to a kidney transplant, remember that it's important to be in the best health condition possible while on the wait list. It's very important to stay up-to-date with your appointments. If you have any questions, please speak with your care team.**

