



We are excited for you to begin your evaluation for kidney transplant. The evaluation is a process where our team will gather a lot of information about you and your health. This helps us to know if you will be a good candidate for transplant. There are some appointments and tests you need to have. Here is a list of these, along with a brief description of each. We hope you find this helpful.

### Phase 1 – Intake and Referral

- Your doctor will send us a new referral. This is a form your doctor sends that allows you to start the transplant review process.
  - Our team will review your records, get permission (authorization) from your insurance company and review your referral with the transplant doctor, if needed.
  - We will schedule you for a group session where you can learn more about transplant. The session will tell you and your support person about the risks and benefits of transplant. This is a 2-hour slide show and talk given by one of the nurse transplant coordinators.
    - The living donor team will give you the chance to ask questions and hear answers at the end of this group session.

### Phase 2 – Appointments and Planning

You will have some one-on-one visits with our team during this phase. These appointments are often done over 2 days. This is because there is a lot of information and it can be overwhelming. You can learn about the visits below.

- **Clinical Transplant Nurse Coordinator. During this visit you will:**
  - Talk about the risks (problems you could have) and benefits (ways it can help you)
  - Sign consents (permission forms)
  - Review the evaluation process in more detail
  - Hear what to expect and get your questions answered
- **Transplant Social Worker. During this visit you will:**
  - Introduce your adult support person/family member
  - Talk about your support system, transportation (how you will get to and from your appointments), time out of work and other things you need to have in place
- **Transplant Financial Coordinator. During this visit you will:**
  - Get information about your insurance coverage
  - Learn what the costs of transplant could be
  - Complete an income and expense analysis form
  - Talk about fundraising, if needed
- **Dietitian. During this visit you will:**
  - Review your nutritional needs
  - Talk about the risks for surgery
  - Get feedback about your diet and fluid intake
- **Transplant Nephrologist (kidney doctor)**
  - Review your medical history, lab work, family history and medicines
  - Decide if you would be a good candidate for transplant
  - Get orders for any other tests you need before transplant
  - You will also complete labs, chest X-ray and a baseline EKG (heart rhythm) during this phase

### **Phase 3 – Complete Any Other Tests and Appointments You Need**

- One-on-one with the transplant surgeon who will review your testing and discuss the surgery and potential risks and benefits for you. He may order additional tests based on his findings.
- The surgeon may order other potential consults including meetings with a lung doctor, heart doctor, infectious disease doctor, hematology doctor and dermatology doctor.
- He may order other potential tests including heart tests (echocardiogram, stress tests and treadmill tests), and lung tests (pulmonary function studies and a CAT scan of your chest).
- The surgeon may order a CAT scan of your abdomen and pelvis.

### **Phase 4 – Routine Tests for Your Health**

You need to complete some routine tests based on your age and gender. You also need to make sure you are up-to-date on your vaccines (shots).

These tests include:

- Pap smear (checks cells from the cervix)
- Mammogram (checks breast tissue)
- Colonoscopy (checks the large intestine)

### **Phase 5 – Team Review**

- When your full evaluation is complete, your care team will review your case. This is done at a weekly meeting. During this meeting, the team chooses patients who are well suited for transplant.
- If the team approves you for transplant, your insurance will be sent a packet for final authorization for transplant.
- The team will finish up living donor evaluations if this applies to you. They may also continue to look for living donor candidates on your behalf.
- Your care team will schedule other testing as required by the team.

### **Phase 6 – Kidney Transplant Waiting**

- You and your doctor or dialysis unit will receive a letter once you are placed on the transplant list. The letter will contain instructions.
- You will be asked to see us every year or 2 for updates based on your medical needs. Our wait list team will schedule these appointments.

This is a guideline and it does not list everything you need to do before your transplant. Each patient has their own personal needs. Because of this, the process could take anywhere from 2 months to over 1 year to complete. Your commitment to the process is very important to your transplant success.

We look forward to working with you!

– *The Kidney Transplant team*

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-821-1535.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-821-1535.