



END STAGE RENAL DISEASE
NETWORK OF TEXAS

A Division of Alliant Quality



Kidney Transplant: Did You Know?

Did you know your insurance may still be able to cover the costs of transplant?

Financial coordinators have detailed information and experience with health care financing and hospital billing. It is helpful to speak with the financial coordinator before making financial decisions related to your transplant and to keep the coordinator up to date as your plans evolve. The financial coordinator can help you:

- Understand how your insurance company's benefits apply to transplant surgery.
- Make a financial plan for paying for your transplant.
- Make a financial plan for nonmedical costs (for example, living expenses).
- Locate additional sources of funding, if necessary, and understand bills from hospitals, doctors, pharmacies, and other providers.

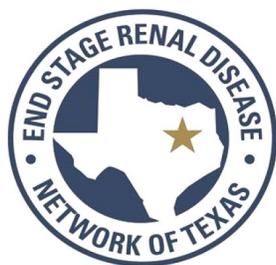
Did you know you may be eligible for transplant?

When you select a transplant center, you'll need an evaluation to determine whether you meet the center's eligibility requirements for a kidney transplant. The team at the transplant center will assess whether you:

- Are healthy enough to have surgery and tolerate lifelong post-transplant Medications.
- Have any medical conditions that would delay transplant success.
- Are willing and able to take medications as directed.
- Have family and friends to support you during this stressful time.

Did you know 3 to 5 years can be the average waiting time for a kidney from a deceased donor?

Once you are added to the national organ transplant waiting list, you may receive an organ that day, or you may need to wait many years. Factors affecting how long you wait include how well you match with the donor, how sick you are, and how many organs are available in your local area compared to the number of patients waiting.



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Did you know you can be listed at more than one transplant hospital?

This is called "multiple listing." UNOS policy permits patients to be considered for organs that become available in other areas by being evaluated and listed at more than one center. This may reduce your waiting time in some cases. There is no advantage to listing at more than one transplant center in the same Organ Procurement Organization (OPO) local area. Each center has its own criteria for listing transplant candidates, and each center can refuse to evaluate patients seeking to list at multiple centers. If you wish to list at more than one center, inform your primary center and other centers you contact.

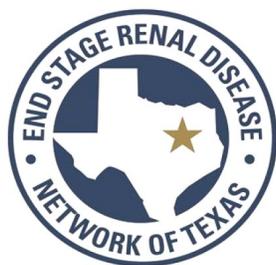
Did you know you don't need a referral to get on the transplant list?

To get on the list, you should follow these steps:

1. Call a Transplant Hospital near you (see list of Transplant Hospitals [here](#) or ask your social worker)
2. Schedule an appointment for evaluation to determine if you are a good candidate for transplant.
3. During the evaluation, ask questions to learn as much as possible about that hospital and its transplant team.
4. The hospital's transplant team will decide whether you are a good transplant candidate.
5. Each hospital has their own criteria for accepting candidates for transplant. If the hospital's transplant team determines that you are a good transplant candidate, they will add you to the national waiting list.

Did you know you can get a kidney from a living donor?

Living donor kidneys are most commonly provided by relatives, spouses, or friends who have been evaluated and found to be suitable donors. When you have a living donor you can get transplanted within weeks. Living donor organs usually work better and have less complications too. Call your local Transplant hospital and learn what you can do to find a living donor.



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Kidney Transplant: Did You Know?

Did you know a transplant can significantly improve your life?

Most patients feel better and enjoy an improved quality of life. You' will still need medical supervision after your transplant, but you won't be dependent on dialysis anymore. You may also have fewer dietary and fluid restrictions.

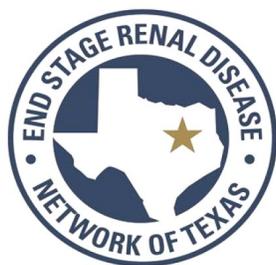
Did you know there are transplant recipients you can talk to?

Transplantation can be an overwhelming and very emotional process. Having someone to talk to who has experienced every stage of the process can help. Would you like an opportunity to ask questions directly to someone who has been there and knows something of what you're experiencing? Peer mentoring programs may be available for you. Let your social worker and transplant coordinator know.

Did you know a successful transplant involves working closely with your transplant team?

Members of the team include:

- You—you are one of the most important parts of your transplant team.
- Your family members—this may include your spouse, parents, children or any other family member you would like to involve.
- Transplant surgeon—the doctor who places the kidney in your body.
- Nephrologist—a doctor who specializes in kidney health and may work closely with a nurse practitioner or a physician's assistant.
- Transplant coordinator—a specially trained nurse who will be your point of contact, arrange your appointments, and teach you what to do before and after the transplant.
- Pharmacist—a person who tells you about all your medicines, fills your prescriptions, and helps you avoid unsafe medicine combinations and side effects.
- Social worker—a person trained to help you solve problems in your daily life and coordinate care and even financial needs before and after your transplant.
- Dietitian—an expert in food and nutrition who teaches you about the foods you should eat and avoid, and how to plan healthy meals.



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Age — Did you know...

there is no standard age limit to be transplanted? Each transplant program sets its own age limit. For example, one program may not accept anyone older than 75 years of age, while another program may have no age limit. So, call and set up an appointment to learn more about your options.

Transplant success rate — Did you know...

the first year kidney organ survival is about 98%? That means that for every 100 people getting a kidney transplant, 98 of them get a successful result for at least a year! The average hospital stay for a deceased kidney recipient is 3.7 days and 3.4 days for a living donor kidney? That means that most people get to go home approximately 3 days after receiving a kidney transplant.

Medications — Did you know...

the American Kidney Fund (AKF) helps pay for your immunosuppressant medication after receiving a kidney transplant? Yes, talk to your transplant coordinator or social worker.

Wait list — Did you know...

getting listed for a kidney transplant can take less than 60 days? Many programs do most of the evaluation and testing within the first two days to facilitate and expedite the process. Some programs are able to list and transplant patients within a few months.

Compliance and communication — Did you know...

non-adherence to treatment is a major barrier to get listed AND a major cause of rejection after receiving a transplant? It's very important that you communicate with your dialysis and transplant team if you have any issues that may affect your dialysis treatments, medications, or any of your health-related appointments. If you need assistance meeting your medical or transplant needs don't wait, ask for help!!!