Congratulations! You are now on the kidney transplant waitlist. The next step in your journey could take some time. Many people wait 3–5 years, sometimes longer, to receive a new kidney. While you wait, there are steps you can take to make sure you are ACTIVE and TRANSPLANT READY when the call comes that a transplant is available for you. Here are 10 steps you can take to make sure you are healthy enough to receive a new kidney.

- **Attend all of your dialysis appointments.**
- **Take all your medications as prescribed.**
- **Make sure your transplant team always has your most updated contact information.** Your transplant team needs to know how to reach you at all times.
- **Tell your transplant team if there is a change in your health.** Let your healthcare team know if any of your medications change, you get the flu, pneumonia, or COVID-19, or if you were hospitalized for any reason.
- **Follow your kidney diet.** A dietician can create a program that will give you the best results. Staying healthy while you wait can help you have a more successful transplant.
- **Attend all transplant medical appointments.** Your transplant center will require regular screenings and bloodwork. You should attend all appointments. Do not miss an appointment.
- **Choose a care partner.** Most transplant centers require each patient to have a primary support person. This person should be a trusted family member or friend who will support you before, during, and after transplant. Who will be this person for you?
- **Do not smoke, chew tobacco, or abuse alcohol.** Tobacco and alcohol can cause health problems and some transplant centers may not list you if you smoke or drink large amounts of alcohol.
- **Continue to get annual evaluation testing.** Even though you are already on the waitlist, you still need to go through some evaluation tests every year to make sure you are still healthy enough for a kidney transplant.
- **Have a positive attitude.**

To learn more about the kidney transplant process, including high KDPI kidney, multi-listing, and living kidney donor, visit [www.ESRDNCC.org](http://www.ESRDNCC.org).