

The Kidney Transplant Waitlist— 10 Steps You Can Take to Remain Active

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 dietitian 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.



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