

Waiting for “the call”

Being listed for kidney transplant can often leave the question, “now what?” We want to give you some guidelines and ensure that you know about your resources.

Stay Healthy – Do your best to remain healthy. Wash hands frequently, wear a face covering when in public places, avoid known sick people, eat healthful foods to maintain a healthy weight and improve nutritional status.

Optimize physical Fitness – Exercise as much as physically able or as directed by your physician. The speed of recovery time can be greatly affected by your physical state going in to the surgery.

Routine Office Visits – It is very important that you continue health maintenance visits with your primary doctor as well as with your Nephrologist. If you do not have a primary doctor, now would be the time to find one. Your primary doctor is a key part of your healthcare team after transplant.

Dialysis – It is very important to stay compliant with all dialysis treatments and medications. Follow the direction of your Nephrologist and dialysis team.

Labs – You will need regular labs to maintain listing status. Your Transplant Coordinator will discuss details with you.

Mental Health – This can be a stressful and emotional time. Talk to family and friends about how you are feeling. Talk to your primary care provider for additional resources.

Communication – We need to be in communication about any changes happening with your health. Call your Transplant Coordinator with any changes, updates, or questions you may have about your transplant status.

Distance Travel – If you plan to travel, update your Transplant Coordinator. We need to know that you are within an available distance to get to Abbott Northwestern Hospital should an organ become available.

Maintain Insurance, or notify us of any changes – If you are thinking of changing your insurance coverage, please call the Financial Specialist at (612) 863-3652 prior to making any changes. He/she would be able to let you know if changing your insurance would alter your coverage at our transplant center.