

# INFORMATION FOR LISTED PATIENTS

*Please retain this information for a quick reference*

## WHAT DO I DO NOW THAT I AM LISTED?

Your dialysis unit will be an important partner with us during your time on our waiting list, so please tell us if you change units.

The dialysis unit will draw extra blood from you each month to send to us so that we can monitor how your antibodies change. Please remind the staff at your dialysis unit about the need to draw this extra blood and send it to us each month. We will send your dialysis unit the supplies they need to collect your blood sample.

If you are not on dialysis, a third party vendor will send your kits directly to your home with instructions on how to collect your blood and send the kit back to us.

### When to notify us:

- Any new illness
- Hospitalizations to ANY hospital including UAB
- Insurance changes
- Pregnancy
- Phone number/address changes

### Who do I notify?

- Your transplant coordinator: 833-822-2841, option 2

Please be sure to keep your cell phones charged and with you at all times. Please do not block "unknown" callers.

## WHAT DO I DO IF I AM CALLED FOR TRANSPLANT?

If you are matched to a potential donor, a transplant coordinator will call you to come to the hospital. At that time, please refrain from eating or drinking.

It is important to notify us at this time if you have had any blood transfusions since listing, you are currently ill (whether you are taking antibiotics or not), and any recent hospitalizations.

### Where do I go?

The coordinator will give you specific instructions on where to go.

Parking is available in the patient parking deck at the corner of 4th Avenue South and 18th Street. You will enter the hospital on the 2nd floor of the North Pavilion. There is an information desk near the entrance.

Patient transport services can be called at the information desk if you need assistance, such as a wheelchair.

### What do I bring?

See the attached packing list. It is recommended that you keep a packed bag handy in the event you are called for transplant.

Please understand that you may be called multiple times before receiving a transplant, due to the unpredictable nature of transplantation.

## IMPORTANT CONTACTS:

- Kidney Transplant Office: 833-822-2841, option 2
- UAB Operator: 205-934-3411

# HOW TO PREPARE FOR KIDNEY TRANSPLANT

*Keep this by your suitcase or door for quick reference*

## PACKING LIST

Please bring the following with you each time you are called for potential transplant or hospitalized due to illness:

- **Identification, insurance cards, proof of income, credit/debit cards, and money**
- **Medications, in the original bottles (All medications for both you and your caregiver.)**
- **All medical equipment (Remember your caregiver's equipment as well.)**

Examples:

- Home blood pressure machine
- Nebulizer machine
- Glucometer (with test strips and lancets)
- CPAP/BiPAP machine
- Weight scale (if you have one)
- Insulin pump and supplies

- **Personal belongings**

Remember that you will be in Birmingham for a minimum of 3-4 weeks after transplant.

Examples:

- Robe and non-slip house shoes
- Comfortable shoes for walking
- Comfortable street clothing
- Glasses
- Hearing aids
- Toiletries
- Notepad
- Binder to keep important documents you will receive

## PLAN AHEAD

Please consider the following details and obligations when planning for transplant:

### **Ensure you have a caregiver who can fulfill the following responsibilities**

- Must be able to assist you with your post-transplant clinic appointments and activities of daily living (e.g. transportation, dressing, feeding, bathing, etc.)
- Help you with managing your medications
- Provide emotional support

### **Plan for financial obligations at time of transplant**

- Hotel Cost (if you live over 50 miles from Birmingham) – Nightly charges after hospital stay (approximately 3 weeks)
- Parking Cost – Approximately \$8 dollars a day
- Medication Cost – Transplant medication can often be costly.
- Food Cost – You are responsible for your meals if staying in a hotel after transplant (some people qualify for meal tickets based on income.)

### **Plan for small children and pets at home**

- Expect to be in Birmingham for 3-4 weeks total (combined hospital and outpatient treatment.)

## KIDNEY TRANSPLANT PATIENT EDUCATION

The UAB Comprehensive Transplant Institute is committed to providing excellent care and we look forward to helping you through your transplant journey. We've created a series of videos for you to watch and share with your family and friends. Access the videos at [uabmedicine.org/kidneytransplanteducation](http://uabmedicine.org/kidneytransplanteducation) or by using the QR code.



## IMPORTANT CONTACTS:

- Kidney Transplant Office: 833-822-2841, option 2
- UAB Operator: 205-934-3411