

Pathway to kidney transplant

A guide for patients with kidney disease
and potential donors

We are providing you with a pathway to kidney transplant. This pathway includes checklists for patients with kidney disease and potential donors to help guide you through the steps to receive a kidney transplant as soon as possible. We encourage you to review the pathway and utilize the recipient checklist.

In addition, we have provided three tear-out donor checklists that you can provide to potential donors.

We recognize that kidney disease impacts your health and quality of life. Therefore, our goal is for you to receive a kidney transplant as soon as possible. This may make it possible for you to avoid starting dialysis or stop dialysis sooner, as the risk of death increases for patients on dialysis.

The fastest way to receive a kidney transplant is a living donor kidney transplant. In addition to receiving a kidney transplant more quickly, a living donor kidney transplant has other benefits:

- **Better long-term outcomes**

Living donor kidneys often last longer in the recipient's body than deceased donor kidneys. A living kidney is usually a better match and in better condition than a deceased donor kidney.

- **Shorter wait time**

You usually receive the transplanted kidney faster than you would a compatible deceased donor organ. The donor and recipient evaluation can be done at the same time to expedite the transplant process.

- **Scheduled surgery**

A living donation is a pre-planned surgery, not a sudden procedure, allowing you to be better prepared both mentally and physically.

- **Quicker kidney function**

Living kidney donations begin working in the recipient's body sooner than an organ that has been kept on ice and transported to the hospital. A living donor kidney usually begins working immediately, whereas a deceased donor kidney may take several days or weeks to function properly.

- **Lower rejection rate**

Living donor kidneys offer a lower rejection rate than one from a deceased donor.

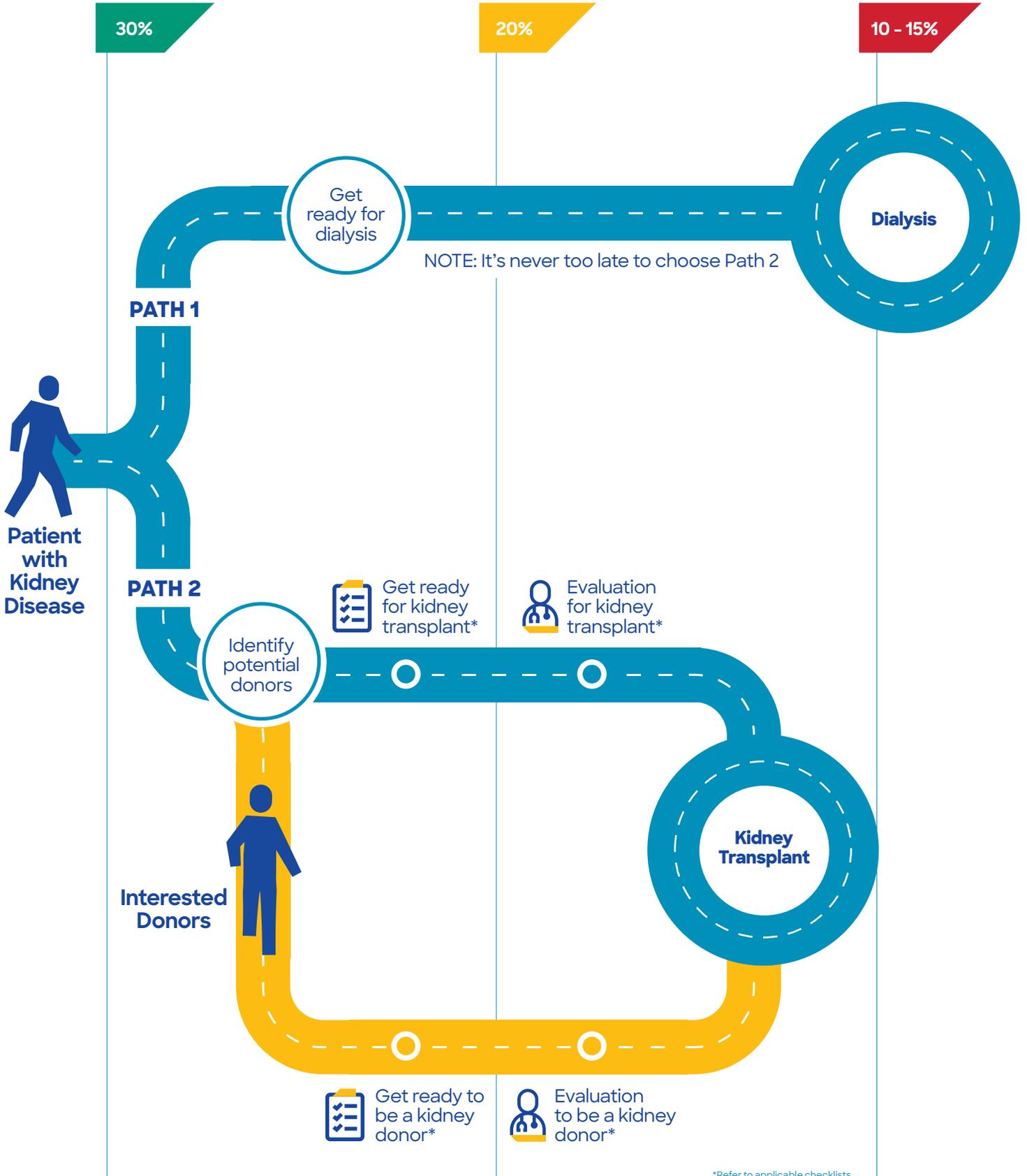
Pathway to kidney transplant

Kidney function:

30%

20%

10 - 15%



Recipient checklist (patients with kidney disease)

Get ready for kidney transplant

Patients with kidney function $\leq 30\%$

- Educate yourself and consider transplant as a treatment option. BSWHealth.com/LivingKidney
- Identify potential kidney donors.
- Provide potential donors a donor checklist.
- Get prepared for kidney transplant evaluation.
- Routine cancer screening – Results for the following tests are required to begin the transplant evaluation. Complete these now, as applicable:
 - Pap smear within last three years for women 21 – 65
 - Mammogram within last year for women ≥ 45
 - Prostate-specific antigen (PSA) within last year, for men over 40
 - Colonoscopy – men and women age ≥ 50
- Body weight: Your body mass index (BMI) must be within criteria to begin the transplant evaluation. Based on the scale below, lose weight to have a BMI of 35 or less.

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Financial considerations

- Check insurance coverage to see if it includes transplant benefits.
- Check your prescription coverage and develop a plan for how you will pay for the most common transplant medications.

Common Post-Transplant Medications	Pills/Month*
Prograf 1 mg	# 180
Myfortic 360 mg	# 180
Prednisone 10 mg	# 120
Valcyte 450 mg	# 30

*Dosages are approximate and may vary by patient.

- Fundraise to assist with post-transplant costs, such as prescriptions, housing, deductibles and copayments. Fundraising organizations – This list is provided as a convenience. (Baylor Scott & White Health is not associated with and does not endorse these organizations.)
 - American Organ Transplant Association: AOTAOnline.org
 - National Foundation for Transplant: Transplants.org
 - HelpHOPELive: HelpHopeLive.org
 - American Kidney Fund: KidneyFund.org

Develop post-transplant care plan

- Identify potential caregivers – You will need someone to help you with your care after transplant for the first six to 12 weeks.
- Transportation – Develop plan for travel to hospital for the transplant surgery and for travel to transplant clinic three times/week.
- Disability – Learn how to apply for short-term disability (if applicable).
- FMLA – Learn how to apply for FMLA (patient and family) (if applicable).
- Childcare – Plan for childcare (if applicable).
- Housing – You will receive post-transplant care at the transplant center after transplant. Depending on where you live, you may need to temporarily stay in the area during this time.
- Maintaining income – You will not be able to work for approximately six to 12 weeks after transplant. Develop a plan for loss of income during this time (if applicable).

Evaluation for kidney transplant

Patients with kidney function $\leq 20\%$

Referral for transplant

- Complete and return the Kidney Transplant Application with Health History form. Form located at: BSWHealth.com/KidneyTransplantApplication
- Go to all scheduled kidney transplant evaluation visits.
 - Attending all scheduled appointments is important during the evaluation.
 - Missing appointments and rescheduling will delay the transplant process.
- Communicate to potential donors that your transplant evaluation is starting.
 - Potential donors can start their evaluation appointments at the same time, if approved by the recipient's insurance.
- Continue to complete any remaining steps from the previous section.

Donor checklist

Get ready to be a kidney donor

Donors where their potential recipient has kidney function $\leq 30\%$

- ❑ Educate yourself and consider if kidney donation is an option for you. Visit:
 - BSWHealth.com/LivingDonorKidneyTransplant
 - ASTS.org/Resources/Living-Kidney-Donation-English

Focus on your health

It is important to be as healthy as possible when you donate a kidney. The following items will assist you in this process.

- ❑ Schedule a routine health checkup with your primary care physician.
- ❑ Obtain routine labs (metabolic panel and CBC).
- ❑ Blood pressure - It can be dangerous to donate a kidney if your blood pressure is $> 140/90$. Work with your primary care physician for a diet and exercise plan to reduce your blood pressure if needed.
- ❑ Body weight - Your body mass index (BMI) must be within criteria to safely donate a kidney. Based on the scale below, lose weight (as applicable) to have a BMI of 30 or less.

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 - Mammogram within last year for women ≥ 45
 - Prostate-specific antigen (PSA) within last year, for men over 40
 - Colonoscopy - men and women age ≥ 50

Develop post-donation care plan

- ❑ Identify potential caregivers - You will need someone to help you with your care after donation the first one to two weeks.
- ❑ Learn how to apply for short-term disability (if applicable).
- ❑ Learn how to apply for FMLA (donor and family, if applicable).
- ❑ Childcare - Plan for childcare (if applicable).

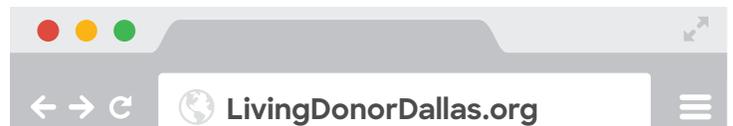
- ❑ Housing - You will receive post-donation care at the transplant center for seven to 10 days after donation. Depending on where you live, you may need to stay in the area during this time.
- ❑ Maintaining income - You will not be able to work for approximately four weeks after transplant. Develop a plan for loss of income during this time (if applicable).
- ❑ If expenses during evaluation (travel, housing, etc.) are a concern, research the following program: National Living Donor Assistance Program, email: NLDAC@LivingDonorAssistance.org.
- ❑ Call the Donor Hotline - You can speak to a donor coordinator if you have any questions about how to prepare to be a kidney donor or the kidney donation process.
 - Donors for recipients at Baylor University Medical Center contact: 214.820.GIFT (4438)
 - Donors for recipients at Baylor Scott & White - Fort Worth contact: 817.922.2990
 - Donors for recipients at Baylor Scott & White - Temple contact: 254.218.9443

Evaluation to be a kidney donor

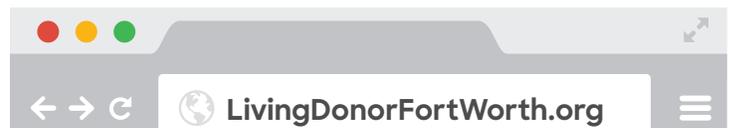
Donors where their potential recipient has kidney function $\leq 20\%$

After the recipient has been referred for transplant, you may begin the donor evaluation process by the following steps:

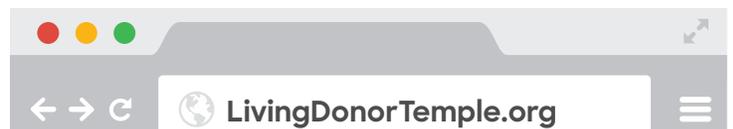
- ❑ Complete the online confidential health history questionnaire.
- ❑ To be a donor for your potential recipient at Baylor **Dallas**, type the following into your browser:



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- ❑ Complete scheduled kidney donor evaluation visits.
- ❑ Continue to complete any remaining steps from the previous section.

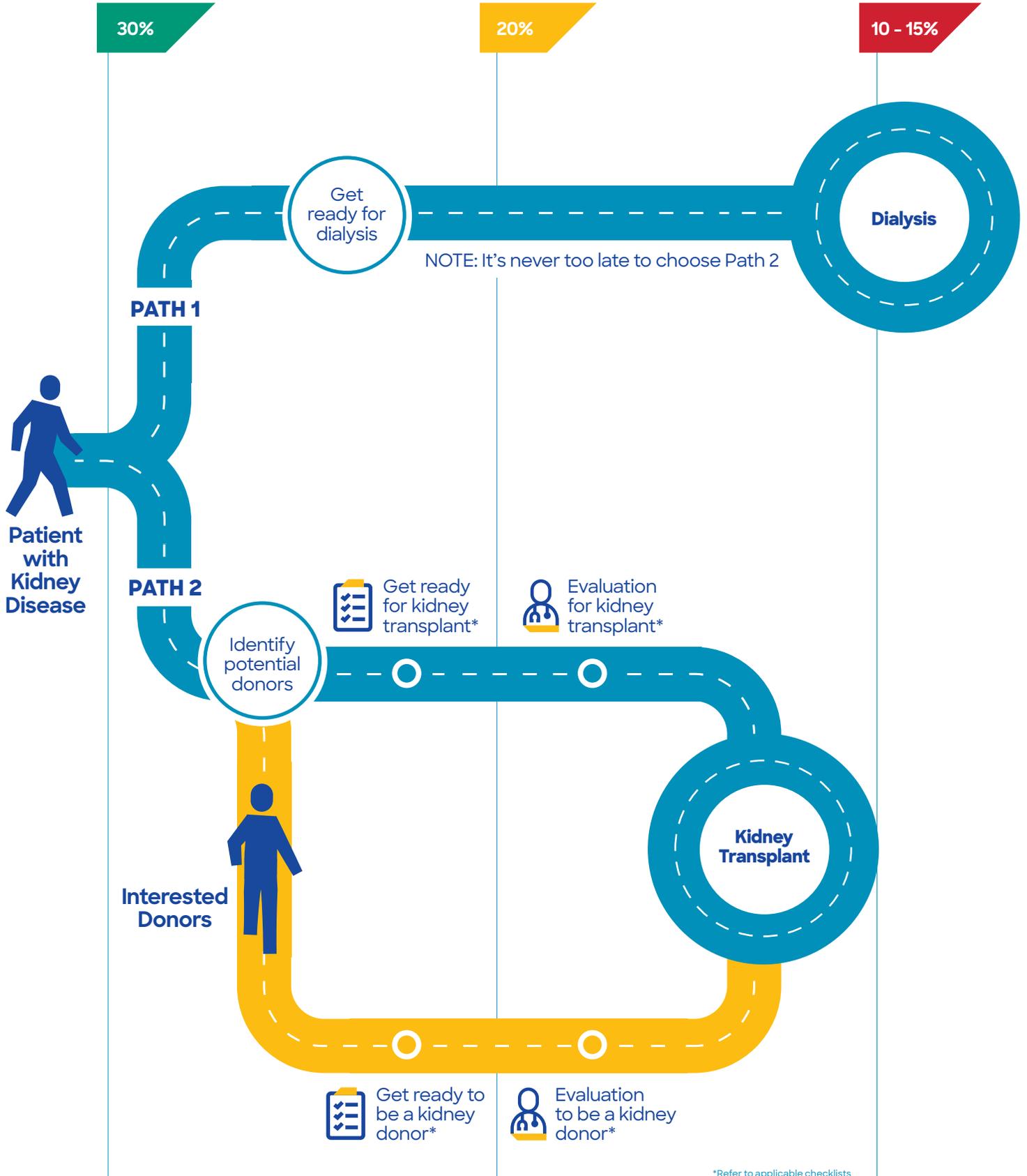
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*Refer to applicable checklists

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- ❑ Body weight - Your body mass index (BMI) must be within criteria to safely donate a kidney. Based on the scale below, lose weight (as applicable) to have a BMI of 30 or less.

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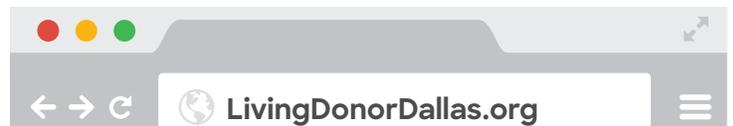
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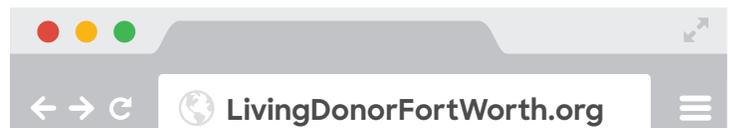
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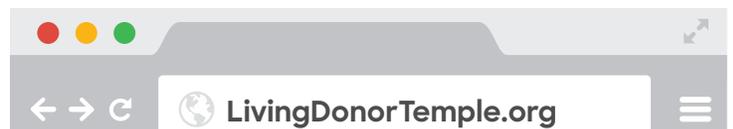
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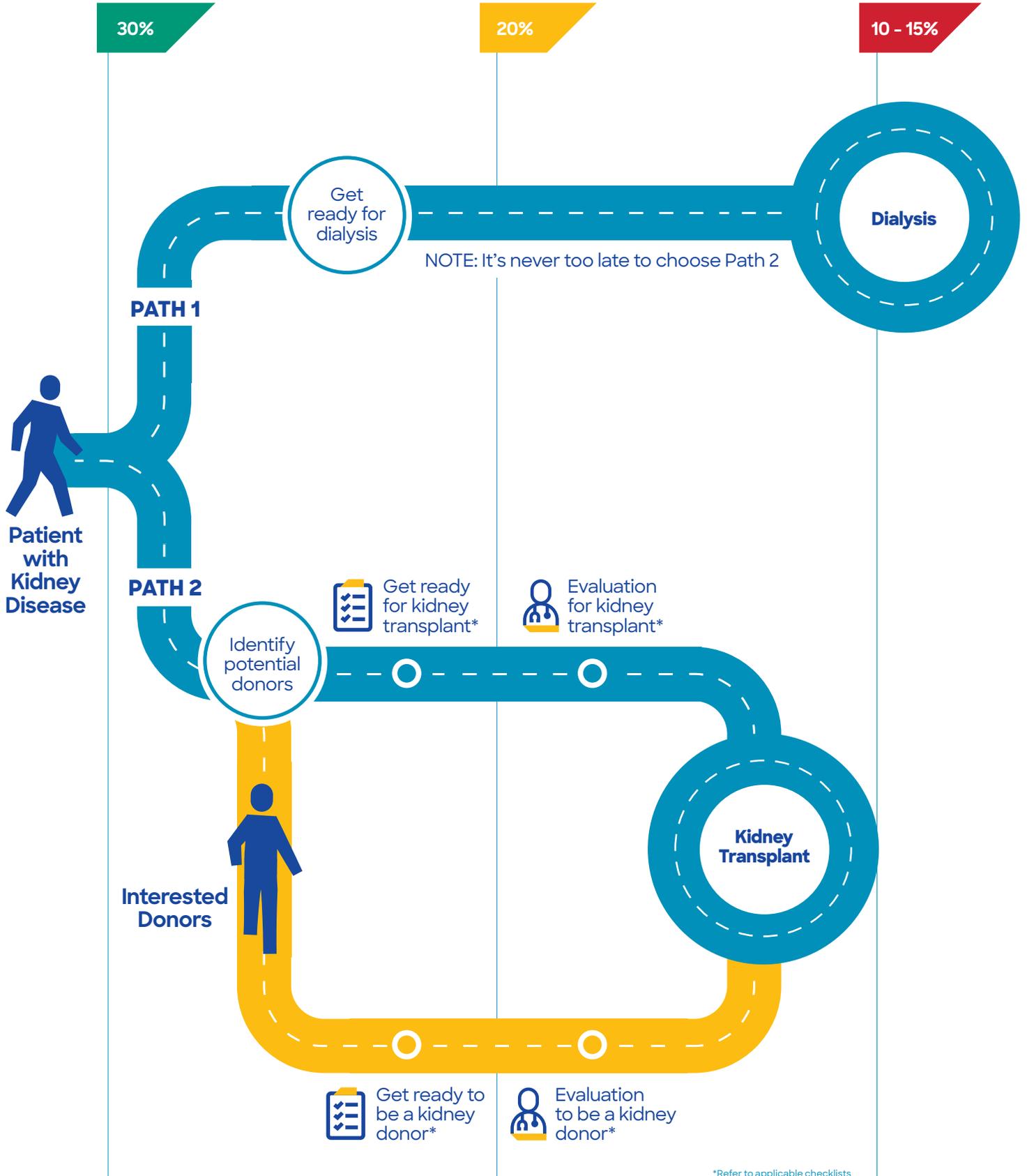
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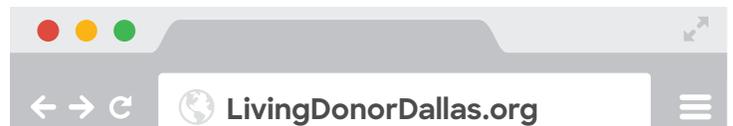
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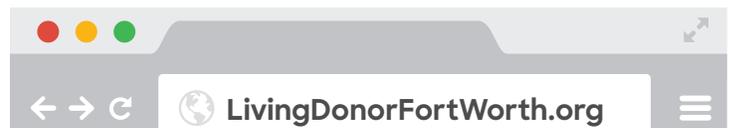
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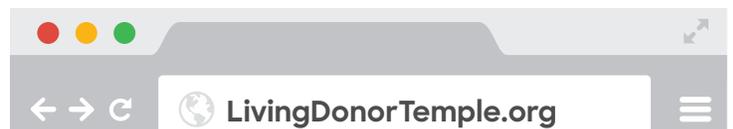
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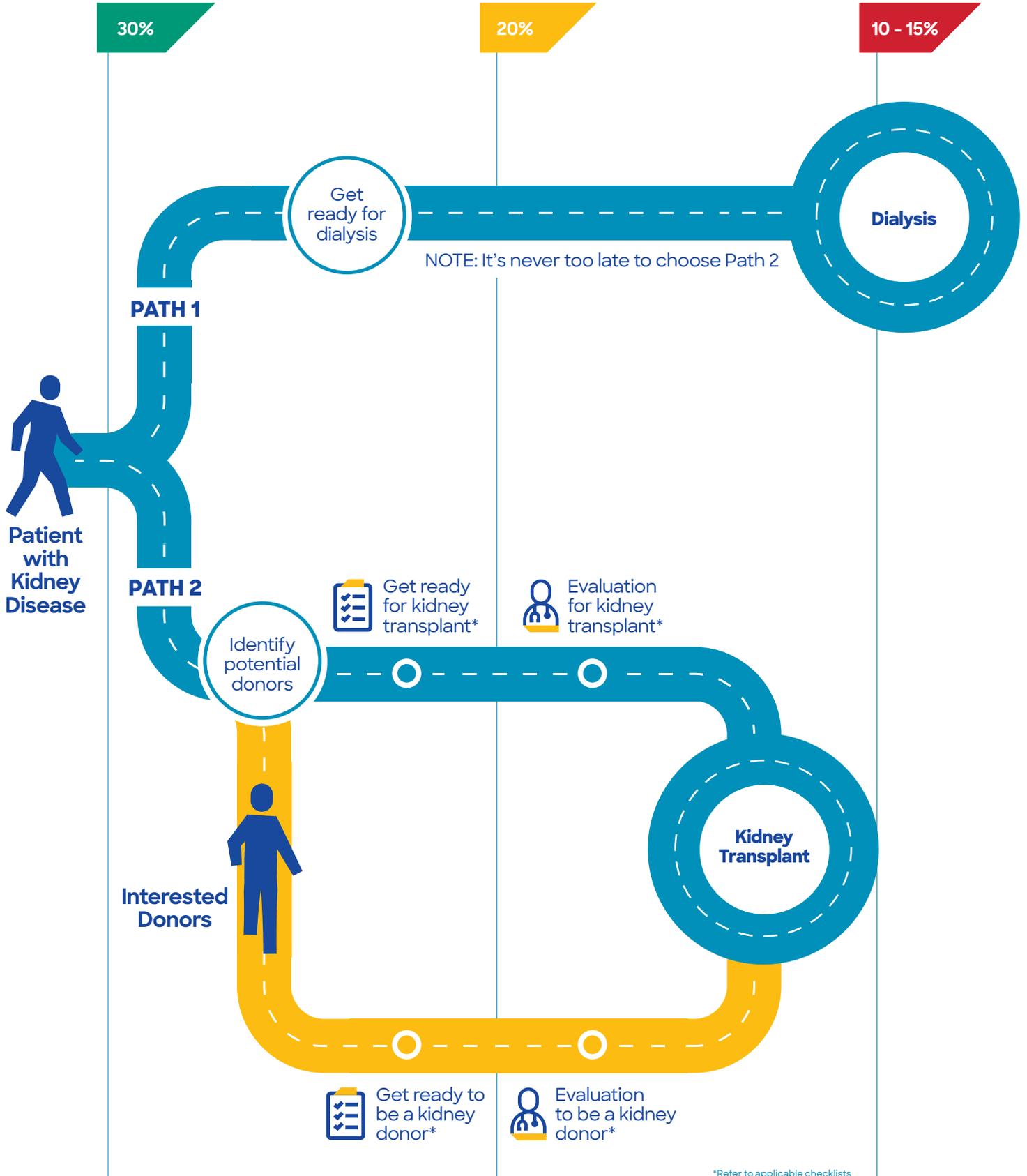
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