

# ROADMAP FOR KIDNEY TRANSPLANTATION

AN OVERVIEW ON GETTING LISTED  
FOR A KIDNEY TRANSPLANT



*WATCH THE THREE-PART  
VIDEO SERIES ON YOUTUBE*



**KIDNEY FOUNDATION**  
OF OHIO, INC.

*This information is an overview of the kidney transplant process. Watch the three-part video series for more details and to hear from recipients.*

## STOP #1 - REFERRAL

- You must be in at least Stage 4 Chronic Kidney Disease to be referred for a kidney transplant.
- A referral call to a transplant center can be made by the patient, a primary care doctor, or dialysis unit.
- Health records will be requested, and there will be an evaluation of your health insurance and financial coverage (*without insurance, the transplant process cannot move forward*).

## STOP #2 - SELF EDUCATION

*Once referred, education begins:*

- Exploring transplant options - living donor or deceased donor
- What it's like to be on the transplant waitlist
- What the hospital stay is like during the transplant surgery
- What life can be like after transplant

*After the education process, you'll sign a consent form that you want to continue the process. You can change your mind at any time.*

## STOP #3 - TESTING & EVALUATION

- Many tests will be done to ensure your overall health, and that a transplant is a safe and helpful option for you.
- Tests may include: CT scan, cancer screening, and dental evaluation

## STOP #4 - SELECTION COMMITTEE

- Your health test results are evaluated by a team of transplant professionals. If approved, you're added to the waitlist.

## STOP #5 - TRANSPLANT WAITLIST

- Once on the waitlist, you are waiting for a deceased donor kidney to become available. Average time on the waitlist is 3-5 years.
- Communication with your transplant team continues during this time.
- Time on the waitlist can be reduced if you find a living kidney donor.

## STOP #6 - RECEIVING NOTICE

- The call that a deceased donor kidney is available could come any day, at any time, so stay ready and accessible.
- A deceased donor kidney must be transplanted within 1-2 days.
- You can say no to a kidney at any point, and you won't be removed from the waitlist.

# WHAT TO KNOW

*The transplant process can be long and difficult, with a lot to think about. It is encouraged to get on the waitlist as quickly as possible. Asking questions can help you determine if a transplant is a good fit for your lifestyle.*

## DO I NEED A SUPPORT SYSTEM?

A kidney transplant is major surgery and a support system plays a vital role before, during, and after transplantation. Both physical and mental support can be provided by a spouse or partner, family, or friends. This is a journey that someone cannot do alone.

## WHAT DOES IT COST?

What you are required to pay depends on your insurance coverage. Medicare covers about 80% of costs associated with a transplantation. Private insurance and Medicaid may cover some costs as well. Multiple insurances can be used together to cover more of the expenses. Your social worker, transplant center and financial coordinator will help figure out the exact cost. While it can be an expensive process, transplant are obtainable with insurance.

## HOW DO I FIND A LIVING DONOR?

One of the best ways to find a living donor is by sharing your story. Talk to friends, family, or coworkers about what you are experiencing and how they can help. Share your story at work, in your place of worship, on social media or any other place where you can reach others. Your transplant team can assist in what information is and is not beneficial to communicate to others.

## WHAT IS LIFE LIKE AFTER TRANSPLANT?

A kidney transplant can feel like a second chance at life. It's important to know that a transplant is a treatment option, not a cure. You will need to take care of your new kidney with anti-rejection medications and maintaining a healthy lifestyle. Your transplant team will provide directions for how to care for your body after surgery. You'll likely start returning to normal activities within a month after your transplant, with more freedom to do what you enjoy.

*The sooner you start the process to receive a transplant, the better your long-term health outcomes. You can go through this process at one, or multiple, hospitals.*

# IN OHIO ...

## 25,000

More than 25,000 people are impacted by Kidney Disease.

## 18,000

18,000 people require life-sustaining dialysis treatment due to kidney failure.

## 3,000

Of these individuals, nearly 3,000 are on the waiting list for a kidney.

## 1,200

On average 1,200 people receive a donated kidney each year.

*Questions? Contact Kidney Foundation of Ohio  
[www.kfohio.org](http://www.kfohio.org) | [info@kfohio.org](mailto:info@kfohio.org) | 216-771-2700*

PROGRAM MADE POSSIBLE BY

*HFH* foundation

**EAT•N**  
Powering Business Worldwide

