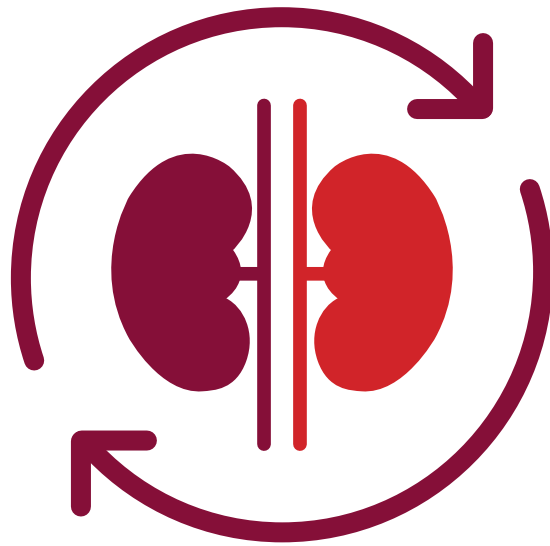


# Kidney Transplant Passport



# Introduction

This booklet is to help you and your family understand the different steps of the Pre-Transplant Assessment process.

A kidney transplant is a surgery to place a healthy kidney from a living or deceased donor into a person whose kidneys no longer function properly. It is a great treatment option if your kidneys are failing, or when you are on dialysis.

There are many benefits to having a kidney transplant but there are risks too. Most transplants are successful and last for many years, but a transplant does not cure kidney disease. How long the transplant will last is different for everyone.

Deciding whether a kidney transplant is right for you is a personal decision that deserves careful thought and consideration of the serious risks and benefits. Talk through your decision with your family, friends and other trusted advisers.



# What happens now?

Once you have had a discussion with your Nephrologist and you have decided that you would like to proceed with the transplant workup, the Transplant Facilitator will receive a referral. There are mandatory tests and procedures that the Trillium Gift of Life Network requires all patients to have as part of the transplant workup.

These mandatory tests and procedures help your healthcare team understand your overall health. They also assist your team to find other health problems that could put you at risk during your transplant surgery or during your recovery afterwards.

Waiting for a kidney transplant can be both exciting and stressful for patients and their families. In addition to experiencing the unknown related to the transplant process, some patients and families may have concerns about managing other aspects of their lives during the waiting period.

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## Social Workers

Social Workers are an active and unique part of the transplant team. They look at each patient's unique psycho-social-emotional needs and help to identify sources of stress and enhance coping skills. They work with both patients and their loved ones toward meaningful solutions. Social workers help navigate the many systems people face including social, financial, and health. As well, they offer resources that can assist patients and their families with the transitions that occur during the transplant process.

Social Work services are offered through the Regional Renal Program at Peterborough Regional Health Centre and satellite programs at Northumberland Hills Hospital and Ross Memorial Hospital. Social Workers work together with local renal team members and with Social Workers from the transplant sites. Social Workers play a meaningful role in supporting patients to feel empowered, be informed and be active participants in the transplant process.





# How long will I wait for a transplant?

It's important to remember that wait times vary from person to person. Each person's wait time is for a different reason. Generally, your wait time will depend on:

- Your blood type
- Your antibodies (PRA)
- The availability of organs
- How long you have been on dialysis

## How does my blood type affect my wait time?

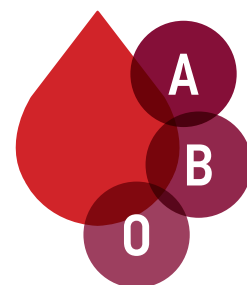
Patients can only receive a kidney from someone with the same blood type. Some blood types have a lot of patients who are waiting for transplants, so the wait time is longer. The chart to the right gives you an idea of how long people with different blood types usually wait for a kidney.

Patients who have a living donor with a blood type that is incompatible may still be able to get a transplant. For more information, speak to your health care team.

Your Blood Type	Your Estimated Wait Time
O	5 to 7 years
A	2 to 5 years
B	6 to 8 years
AB	2 to 5 years

## What blood types match?

Donor Blood Type	Recipient Blood Group
O	O, A, B, AB
A	A, AB
AB	AB
B	B, AB



# My test and appointment checklist

## Medical History, Laboratory and Diagnostic Tests

All tests are mandatory and must be less than one year old, unless otherwise specified.

General		Date Completed
<input type="checkbox"/>	Referring nephrology letter	
<input type="checkbox"/>	Current medication list	

Diagnostic Tests		Date Completed
<input type="checkbox"/>	Chest x-ray (PA and Lateral)	
<input type="checkbox"/>	Abdominal ultrasound	
<input type="checkbox"/>	12 Lead ECG	
<input type="checkbox"/>	Echocardiogram	
<input type="checkbox"/>	Stress Echo or Dobutamine Stress Echo	

Other		Date Completed
<input type="checkbox"/>	Coronary Angiogram	
<input type="checkbox"/>	Cardiology consult	
<input type="checkbox"/>	Renal Biopsy	
<input type="checkbox"/>	Iliac Dopplers	
<input type="checkbox"/>	MRI brain	
<input type="checkbox"/>	Social Work consult	
<input type="checkbox"/>	Psychiatry consult	
<input type="checkbox"/>	Any other relevant results/consults	

## My questions about these tests

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Laboratory Tests		Date Completed
<input type="checkbox"/>	ABO with Rh Factor	
<input type="checkbox"/>	CBC, INR, aPTT	
<input type="checkbox"/>	Electrolytes	
<input type="checkbox"/>	Albumin	
<input type="checkbox"/>	Total Protein	
<input type="checkbox"/>	Bilirubin, ALP, ALT	
<input type="checkbox"/>	Urea	
<input type="checkbox"/>	Creatinine, eGFR	
<input type="checkbox"/>	PTH	
<input type="checkbox"/>	HgbA1C	
<input type="checkbox"/>	Cholesterol/Triglyceride/HDL/LDL	
<input type="checkbox"/>	CMV IgG	
<input type="checkbox"/>	EBV IgG	
<input type="checkbox"/>	Varicella Zoster Virus IgG	
<input type="checkbox"/>	HIV 1 & 2	
<input type="checkbox"/>	HTLV 1 & 2	
<input type="checkbox"/>	Hepatitis C Antibody	
<input type="checkbox"/>	Hepatitis B Surface Antibody	
<input type="checkbox"/>	Hepatitis B Core Antibody	
<input type="checkbox"/>	Hepatitis B Surface Antigen	
<input type="checkbox"/>	Syphilis	
<input type="checkbox"/>	Measles, mumps, rubella	

### My questions about these tests

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We are so happy that you have decided to pursue a potential kidney transplant. Be assured that our team will support you during your journey.

Please don't hesitate to call anytime if you have questions. We would be happy to assist.

**Transplant Facilitator**  
705-743-2121, x. 3865



**Nurse Navigator**  
705-743-2121, x. 3770

*We hope you found this booklet useful, please reach out if you have any questions or concerns.*

## **Where to get more information**

You can search the following websites in your internet browser:

Explore Transplant Ontario

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Transplant Ambassador Program

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Ontario Renal Network

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Kidney Foundation of Canada

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Toronto General Hospital Kidney Transplant Program

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St. Mikes Kidney Transplant Program

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UHN's Centre for Living Organ Donation Transplant Program

# **PRHC**

Peterborough Regional  
Health Centre

Peterborough Regional Health Centre  
1 Hospital Drive, Peterborough, ON K9J 7C6  
705-876-5147 x. 3865

Guided by you · Doing it right · Depend on us  
[www.prhc.on.ca](http://www.prhc.on.ca)



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