



Information for
patients and
carers

**Do's and don'ts for patients on the
kidney transplant waiting list**

Do's for patients on the kidney transplant waiting list

1. Keep your contact details up to date. Keep us informed if your telephone number or address changes.
2. Take your medication and attend all clinic appointments.
3. Keep us informed if you are diagnosed with a new condition or if you are admitted to hospital. We may need to suspend you from the list temporarily due to ill health or hospital admission. However once you are better we will reactivate you on the waiting list. This ensures you are not called in during times when you cannot have a transplant.
4. See your dentist at least once every year.
5. Do contact us if you are not sure whether you are currently active on the transplant list.
6. Make sure the monthly blood test is sent to Manchester Royal Infirmary (MRI) for tissue typing.
7. Think about the possibility of a live donation (a kidney from a relative or close friend. The risk for the donor is smaller than most people believe. Speak to us and our live donor coordinator if you think there may be someone who would be prepared to donate a kidney for you.
8. You need to consider how you would get to MRI once a kidney becomes available. You will be expected to make your own way to MRI during the day. During the night if you have no transport you can phone ward 25 at RPH (phone 01772 522522) and they may be able to arrange transport. Following transplantation, you may need to attend clinic at MRI three times weekly initially. Hospital transport is a limited resource and you may be expected to make your own way if you are well.

Dont's for patients on the kidney transplant waiting list

1. Do not smoke. Smoking will increase the risk. Do not gain weight if your weight is already an issue. Obesity may lead to suspension from the list.
2. Do not skip dialysis sessions or clinic appointments. This may raise concerns as to whether you will act responsibly after transplantation.
3. Do not skip your review on the waiting list. We will see you in the pre transplant clinic on a Thursday afternoon once every year or less frequently to make sure you are still fit for a transplant. Failure to attend may lead to suspension from the waiting list if we are unsure whether you are still well enough and willing to be transplanted.
4. Do not go out without your mobile phone. You never know when a kidney may become available.
5. Do not go on holidays without telling us, especially if you plan to travel abroad. We will then suspend you from the transplant list for the time of your absence.
6. Do not panic if you are telephoned because a kidney has become available. This call may occur at awkward times, for instance in the middle of the night. It may be prudent to let somebody else drive if possible. Make sure you have an accurate list of your current medication with you when you arrive at Manchester Royal Infirmary (MRI). The contact number for MRI switchboard is 0161 276 1234

Disclaimer: This leaflet was compiled on the basis of personal, institutional and published experience. Different recommendations may apply to individual patients. The contents of this leaflet do not replace a consultation with the transplant team/nephrologists.

Contact details

Kidney Transplant Team Phone: 01772 523475 (answer machine).

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.kidney.org.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Lancashire Teaching Hospitals is a smoke-free site.

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઇચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

Department: Renal

Division: Medicine

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