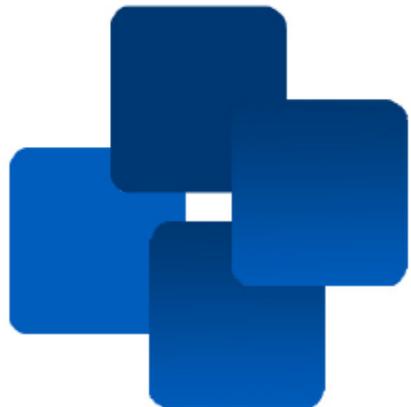


# **A Guide to Activation for Kidney Transplantation**

Lister Hospital

Renal Transplant  
Department



# You have now been **ACTIVATED** on the Kidney Transplant Waiting List

This leaflet is aimed at providing you with the necessary information to ensure you remain well whilst waiting for a kidney to become available.

## **The Waiting List**

Deceased donor kidneys are a precious national resource, and this nationwide program is designed to allow equal access to all patients who need a kidney.

The waiting list is not like a queue that you join and wait your turn. It finds the right kidney for the right person. According to NHS Blood and Transplant the average wait for a kidney is about three years, although this cannot be guaranteed. Depending on tissue types and blood groups some patients have to wait much longer than three years.

## **Contact Details**

**You must be contactable at all times of the day or night.** You will have provided us with your contact details but if these details change you **MUST** tell the renal transplant co-ordinators **IMMEDIATELY**.

## **Going on Holiday**

It is important that you inform us as soon as possible of any holidays either abroad or in the UK. Depending upon your destination, you may need to be suspended from the transplant waiting list for this time and potentially three months on return.

## **Dental Checks**

You must ensure that you visit your dentist every six months for a routine check up.

## **Bowel Screening**

This is a national screening programme for patients over the age of 60 and requires three separate stool samples to identify faecal occult blood (FOB).

## **Serum Sample Screening**

Please continue to have your three monthly blood tests.

It is extremely important that you have this test, if you do not it could result in you being suspended from the transplant waiting list. This test will be performed by the dialysis staff for patients on hospital haemodialysis.

### **Blood Transfusions**

If you receive a blood transfusion there is a risk that your body may produce antibodies against the transfused blood. Follow up blood samples will need to be sent to the transplant centre two and four weeks after the total blood transfusion.

### **Yearly Investigations**

Whilst active on the kidney transplant list you will need to have a yearly chest x-ray and ECG. We will also take blood to check your serology and virology status.

### **Clinic Appointments**

You are required to see the transplant team at the Lister Hospital on an annual basis to ensure you are still well enough to remain active on the transplant waiting list. Please be prepared to wait to be seen. We try to ensure that everyone is seen as close to their appointment time as possible but some patients take longer than others.

### **Other Tests if you are over the age of 50**

Women will need to have an up to date cervical smear test. Mammograms are also required every three years as part of the national screening programme.

Men will need to have annual prostate-specific antigen (PSA) levels checked. This is done by a blood test.

### **Suspension**

There are many reasons as to why you may need to be suspended from the transplant waiting list. This decision is not made lightly. The reason for your suspension will be explained clearly to you.

Keep well on the waiting list by attending all clinic appointments, taking your medication as prescribed and complying with your renal replacement therapy as advised by the medical team.

***If you become unwell you may be suspended.***

## Useful Resources and Further Information

NHS Blood and Transplant  
[www.nhsbt.nhs.uk](http://www.nhsbt.nhs.uk)

NHS Organ Donation—Living Kidney Donation  
[www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)

UK National Kidney Federation  
[www.kidney.org.uk](http://www.kidney.org.uk)

## Booklets

A Patient's Guide to Kidney Transplantation, Roche

Kidney Transplant Guide, Addenbrookes Hospital

## Acknowledgements

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