



CHECKPOINT B: Referral to Transplant

A successful referral for a kidney transplant starts with speaking with your dialysis team and nephrologist, getting your medical history, and completing the necessary health maintenance exams. Below is a standard list of items you may be expected to complete before referral:

- Complete a **physical exam** with a primary care doctor or nephrologist to ensure you are current with health maintenance exams and vaccinations. Bring a list of the medications you take.
 - Schedule an appointment for routine cancer screenings: Screening for cancer is an important step on your way to transplant. Getting these done early can speed up the process.
 - Schedule an appointment for a dental exam. Ask your social worker for help finding a dentist near you.
- Increase your **physical fitness** by setting small fitness goals to ensure you will be healthy enough for transplant.
- Support Person Commitment:**
 - Meet with your three support persons and make a plan for how they can help.
 - Set up a calendar of tasks they can help with, such as scheduling doctor appointments, rides to appointments, housework, meals and personal care.
- Communicate** regularly with the Transplant Center: Missing a phone call is a common reason people do not succeed through the process.
 - List your transplant center contact person here: _____ Phone: _____
 - Keep transplant center phone numbers and emails handy.
 - Answer **ALL** phone calls after submitting the referral, even if you don't recognize the number.
- Make a plan** for where you will stay if you do not live near the transplant center:
 - List three places you could stay near your transplant center if you need to travel for your evaluation and surgery. Need help? Call your transplant center.

Once a referral is submitted, the evaluation call can sometimes take a few months. Stay positive and focus on staying healthy.

Scan the QR code
to create your own
physical activity plan.



This material was created in collaboration with ESRD Networks 8, 14 and 16 and developed by Alliant Health Solutions, an End Stage Renal Disease (ESRD) Network under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Produced under contract numbers: ESRD Network 8: 75FCMC19D0005-75FCMC21F0001, ESRD Network 14: 75FCMC19D0005-75FCMC21F0002 and ESRD Network 16: 75FCMC19D0005

To file a grievance, contact the following agencies:
ESRD Network 8 - Phone: 1-877-936-9260; Email: nw8info@allianthealth.org; Mail: 775 Woodlands Pkwy, Suite 310, Ridgeland, MS 39157; Website: <https://quality.allianthealth.org/topic/esrd-nw8/> - For patients and facilities in AL, MS, TN. Produced under contract numbers: ESRD Network 8: 75FCMC19D0005-75FCMC21F0001
ESRD Network 14 - Office: 972-503-3215; fax: 972-503-3219; Toll-free: 877-886-4435; Email: nw14info@allianthealth.org; Mail: 4099 McEwen Rd, Suite 820 Dallas, TX 75244; Website: <https://quality.allianthealth.org/topic/esrd-nw14/> - For patients and facilities in TX. Produced under contract numbers: ESRD Network 14: 75FCMC19D0005-75FCMC21F0002
Comagine Health ESRD Network 16 at: 800-262-1514 | P.O. Box 33400, Seattle WA 98133-0400. Produced under contract numbers: ESRD Network 16: 75FCMC19D0005

