

Checklist: Things to Do Before Kidney Transplantation Surgery



Whether you have a living kidney donor or are on the waitlist for a kidney from a deceased donor, there is no time like the present to prepare before you go in for surgery. Here is a checklist to help you organize before you get the call.

1. Make sure you are easy to reach.

- Give the transplant and dialysis centers your most up-to-date contact information. Include your emergency contact and the numbers of dependable friends or family members.
- Pick up your phone for every call. Answer blocked calls and unrecognized numbers. You do not want to miss your call.

2. Talk to important people in your life.

- Communicate with family and friends about your journey to getting a kidney transplant.
- If you are spiritual person, consider seeking counseling from a faith leader in your community.
- Ask your loved ones about developing a communication plan to inform other people about how you are doing while in recovery.

3. Get your finances in order and important documents organized.

- Call your insurance provider to find out exactly what is covered.
- Talk to the transplant center financial counselor about any questions you may have.
- Talk to your social worker about getting help with preparing important documents.

4. Communicate with your employer.

- Let your human resources (HR) team and manager know that you will be away from work.
- Ask HR about how to keep your insurance and benefits while you are gone.
- Ask HR about short-term and long-term medical leave, the Family and Medical Leave Act (FMLA) and other resources that you have the right to when you go in for surgery.

5. Take care of things at home.

- Pack a bag for the hospital. Take comfortable clothes, books, slippers and anything else for your stay.
- Ask a friend or family member to collect mail, water plants, take care of others in the household, watch your pets, etc., while you are gone.

6. Make a plan when you get the call.

- Keep a notepad and pen next to your phone if you need to take notes.
- Contact your loved ones right away to let them know a kidney is available.
- Plan your transportation. Think of scenarios such as getting a call in the middle of the night or when you are on vacation.

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