

# 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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