

Tips from the Transplant Centers

Referral Packet



All referral packets must be 100% complete.

- Ask for help! Work with your facility transplant champion to complete your packet
- Work on health maintenance items in advance of your first appointment. Ask for the *Let's Get Started* handout to use as a guide
- Stay abreast of deadlines

Orientation Class



Attend your group transplant orientation class!

- This is mandatory, not optional
- Be prepared to take notes—a lot of information will be given
- Bring a family member or other caregiver
- Prepare your questions in advance
- Bring your glasses and/or hearing aids if needed

Communication



Communication is VITAL to the transplant evaluation process.

- Keep a notebook for all your transplant paperwork
- Get to know your transplant coordinator and keep their name, phone number and email address on hand
- Follow up regularly
- Tell your coordinator if you are travelling so appointments can be coordinated to accommodate

Appointments



Keep your appointments!

- Keep a pocket calendar with you at all times or use the calendar in your phone
- Ask family members, caregivers, and/or dialysis staff to assist with appointment reminders
- Be courteous and notify the transplant center if you cannot make an appointment—Someone else might be able to take your slot

Follow-Through



Make a commitment and follow through with requirements and deadlines.

- Notify both your dialysis unit and the transplant center of any changes in:
 - Contact information
 - Insurance coverage
 - Health condition