

# Information for your transplant listing appointment

## Why have I been invited to a kidney transplant assessment appointment?

Your kidney doctor (nephrologists) has requested that you are considered for a kidney transplant at the Queen Elizabeth Hospital, Birmingham. Before a decision can be made about whether a transplant is the right treatment for you, you will be assessed by the transplant team. You have been invited to meet the transplant surgeon and nurse. The aim of the appointment is to find out if you are well enough for a transplant and to give you all the information you need.

## How long will the appointment take?

The appointment may take up to two hours so please allow plenty of time. Feel free to bring a family member or friend with you. The surgeon will need to spend time with you to ask about your current medical history and current medicines. To help us with this, please bring a list of your current medicines. You will need to be examined (including listening to your heart and lungs, examining your tummy and the blood flow to your legs). The surgeon will give you information about the operation. Please ask questions at any time.

## Will I be told if I am suitable to have a kidney transplant in the future?

Prior to this appointment you may have had various tests to check your health (in particular, tests on your heart). The transplant team should have the results of these tests, so a decision can be made. However the surgeon may require further information. It is important that your health is thoroughly assessed to ensure a transplant is the right treatment option for you. It is common for some patients to be asked to lose weight and improve their overall fitness. Please do not be offended by this. The transplant team want you to go into the operation with the best chance of success.

## Can all kidney patients have a transplant?

A transplant is not for everybody.

A successful kidney transplant can have many advantages - no longer require dialysis, no fluid or food restrictions, and should return to a near to normal life. However it is not without risk and commitment.

Having a kidney transplant involves having an operation that can lead to serious complications or even sometimes, death. Some patients are not well enough to have a transplant (for example, they have serious heart problems). The transplant surgeon will help you make the right decision for you. Age is not a barrier to being considered for a transplant but your overall fitness. However after weighing up the potential risks and benefits, some patients feel happier to continue with dialysis.



## If I am fit enough for a transplant what happens next?

If you are suitable, the transplant coordinator will wish to talk with you about what is required to be placed on the transplant list and what will happen at the time of the operation. You will be asked to have some blood tests taken to confirm your blood group and tissue type, this information is required to find the most suitable kidney match for you in the future. You have been sent a yellow contact form. Please complete this form prior to your appointment. The transplant coordinator will need your contact numbers so when a kidney transplant is available for you night or day, the team can reach you without delay.

## Where will a kidney transplant come from?

A kidney transplant can be donated to you in two ways – from a deceased donor or a living donor kidney transplant. A deceased donor transplant is when a kidney is taken from a person who has died and during their lifetime, expressed a wish to become a kidney donor. It is difficult to tell you how long you will wait for a deceased donor kidney. These kidneys are allocated to the person who is the best match in the UK. We ask that you keep yourself as fit as possible whilst you are waiting. Living kidney transplants come from a living person who wishes to donate their kidney. The donor could be a relative, friend, partner and even somebody you do not know (an altruistic donor). There are advantages to having a living donor, mainly you will not need to wait long to receive a kidney transplant. However the living donor will need to undergo tests first, to ensure they are suitable.

## What does the transplant operation involve?

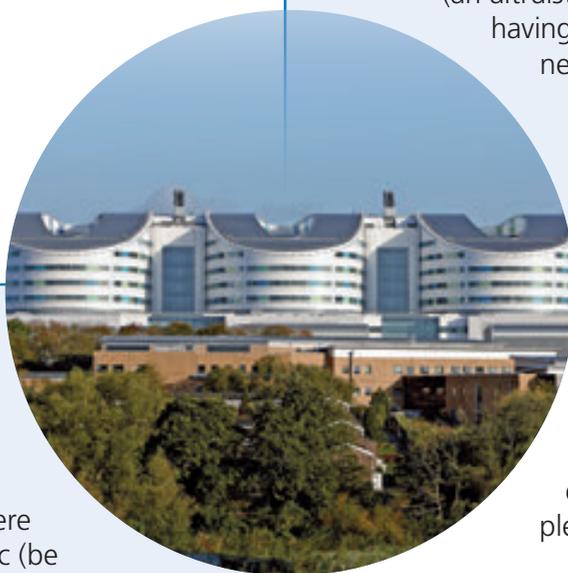
The transplant operation takes place in the operating theatre where you will have a general anaesthetic (be made unconscious). The operation takes two to four hours.

The transplant kidney is placed in the right or left groin. It is placed here as it is close to your bladder. Normally your own kidneys are not removed unless there is a reason to do so. You will end up with three kidneys. You are likely to be in hospital for seven to ten days. Although you will be able to carry out daily activities when you get home, we advise you to rest for about six weeks. Following discharge home you will be seen in the outpatient clinic very regularly – usually twice a week to start with. You will need to learn about the new medicines (anti rejection medicines) before you go home. These medicines are vitally important to keep the kidney transplant working.

## Contact details

We will provide more information on the day of your appointment. If you have any questions about kidney transplants please call the transplant coordinator on 0121 371 4433. If you can not attend this appointment and would like to rearrange please call 0121 371 5853.

**We look forward to meeting you in the very near future.**



**Queen Elizabeth Hospital Birmingham**  
Mindelsohn Way, Edgbaston  
Birmingham, B15 2GW

**UHB is a no smoking Trust**

To see all of our current patient information leaflets please visit  
[www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)