

Wellness Ambassador

Transplant Questions

“Top 10”



1- What is the difference between “Live” kidney donation and “Deceased” kidney donation?

“Live”

Living-related donors

‘blood’ related relatives

Parent ↔ Child

Siblings

Living-unrelated donors

Husband ↔ Wife

Friends, Co-workers

Altruistic

“Deceased”

Someone in the hospital

Supported by machines

and

Cannot recover

Typically

Not known by the recipient

Designated

Deceased Donor

Which is a better option, receiving a kidney from a **“Living”** donor or a **“Deceased”** donor?

Recipients of kidneys from **“Living”** donors and **“Deceased”** donors can live long, healthy lives with their transplants

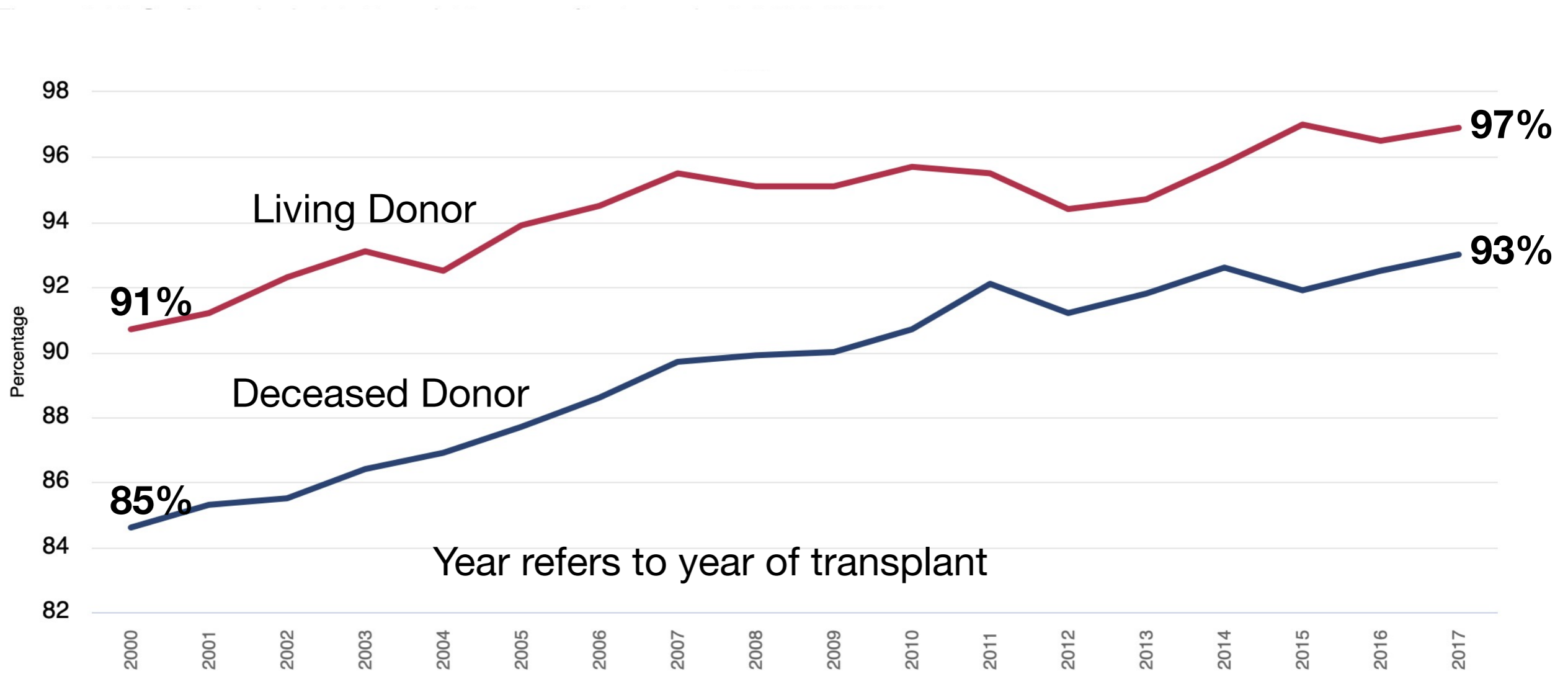
- but -

Kidneys obtained from **“Living”** donors generally **last longer** than kidneys obtained from **“Deceased”** donors

The following slides from the US Renal Data Registry illustrate the 1 and 10 year graft survival difference for kidneys obtained from living and deceased donors

From Fig 6-16 - United States Renal Data System Annual Report - 2020

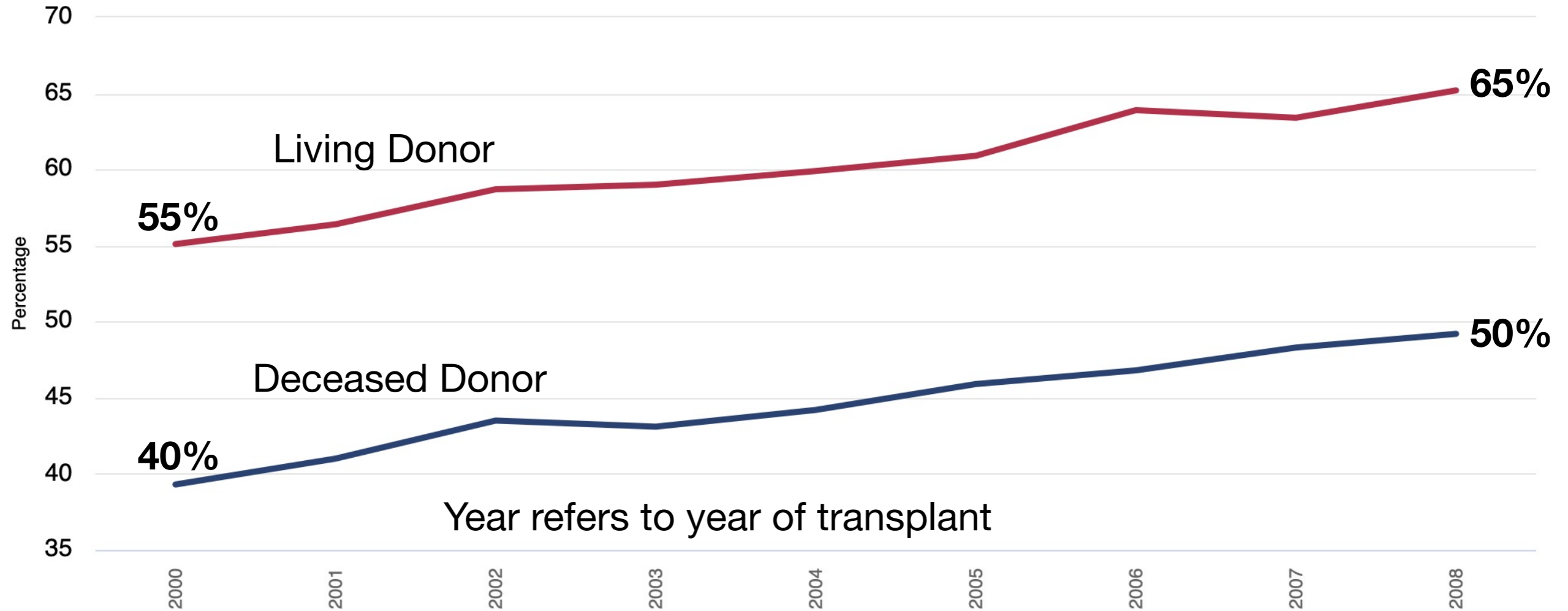
Graft survival at 1 year



- Both deceased and living donor graft survival have improved through the years
- The 1 year graft survival difference between deceased and living donor grafts is narrowing

From Fig 6-16 - United States Renal Data System Annual Report - 2020

Graft survival at 10 years



- Both deceased and living donor graft survival have improved through the years

2- When a kidney becomes available for me, what happens if I say *NO*?

There is *no consequence* to declining an offer - including there is no effect on your 'waiting time' on the transplant list.



The recipient must feel comfortable that accepting a kidney is the *right decision* for them

If you repeatedly decline offers, then the program may question whether you really want to, or, are ready to be transplanted?



3- How should I feel after my transplant surgery?

The surgery itself - takes typically 3-4 hours

After surgery, you will spend a similar amount of time in the recovery room (PACU), where typically transplant recipients are awake and the breathing tube placed during surgery has been removed.

In spite of the expected pain over the transplant site, patients often feel ‘unbelievably refreshed’ when they awake compared to, and in contrast to how they felt prior to the transplant.

Some recipients have significant discomfort from the catheter that is placed in their bladder to drain the urine the transplant is producing.

3- How should I feel after my transplant surgery? - the hospital stay-

Including the day that the transplant is performed,

- **a typical hospital stay for a recipient is 5 days.**
- **the donor typically spends 1-2 days** in the hospital.

Typically, the recipient resumes **eating the day after surgery**

The recipient is **up and out of bed, the day after surgery**, and is encouraged to be up and walking around the floor during the rest of their hospital stay.



3- How should I feel after my transplant surgery? - after I go home -

For the first two weeks after discharge, recipients may go outside, walk around as tolerated, but are suggested to limit person to person contact (use common sense selecting visitors etc.)

Between **2-4 weeks after their transplant**, recipients can resume normal activities including going to restaurants or a movie.

Between **4-6 weeks**, recipients can resume exercise, driving, and all other normal activities. Again, use common sense, e.g. sky diving, bull riding and calf roping are probably not smart choices.

Older patients may take a longer time to recover, e.g. **6 months** before they feel ready, strong enough to resume all normal activities

**Masks, social distancing and minimizing person to person contact
Are particularly important during the Covid Era**

4- Medications after transplant

How many ?

How long ?

Can I stop them when I am feeling better ?

Medications after transplant surgery that you will be discharged on

**Immunosuppression
Prevent Rejection**

Prograf (tacrolimus)

Cellcept (mycophenolate)

? Prednisone (steroid)

**Prevent Infection
After transplant**

Mycelex (clotrimazole)

Bactrim (trimethoprim-sulfur)

Valcyte (valgancyclovir)

**Medication for
Other Problems**

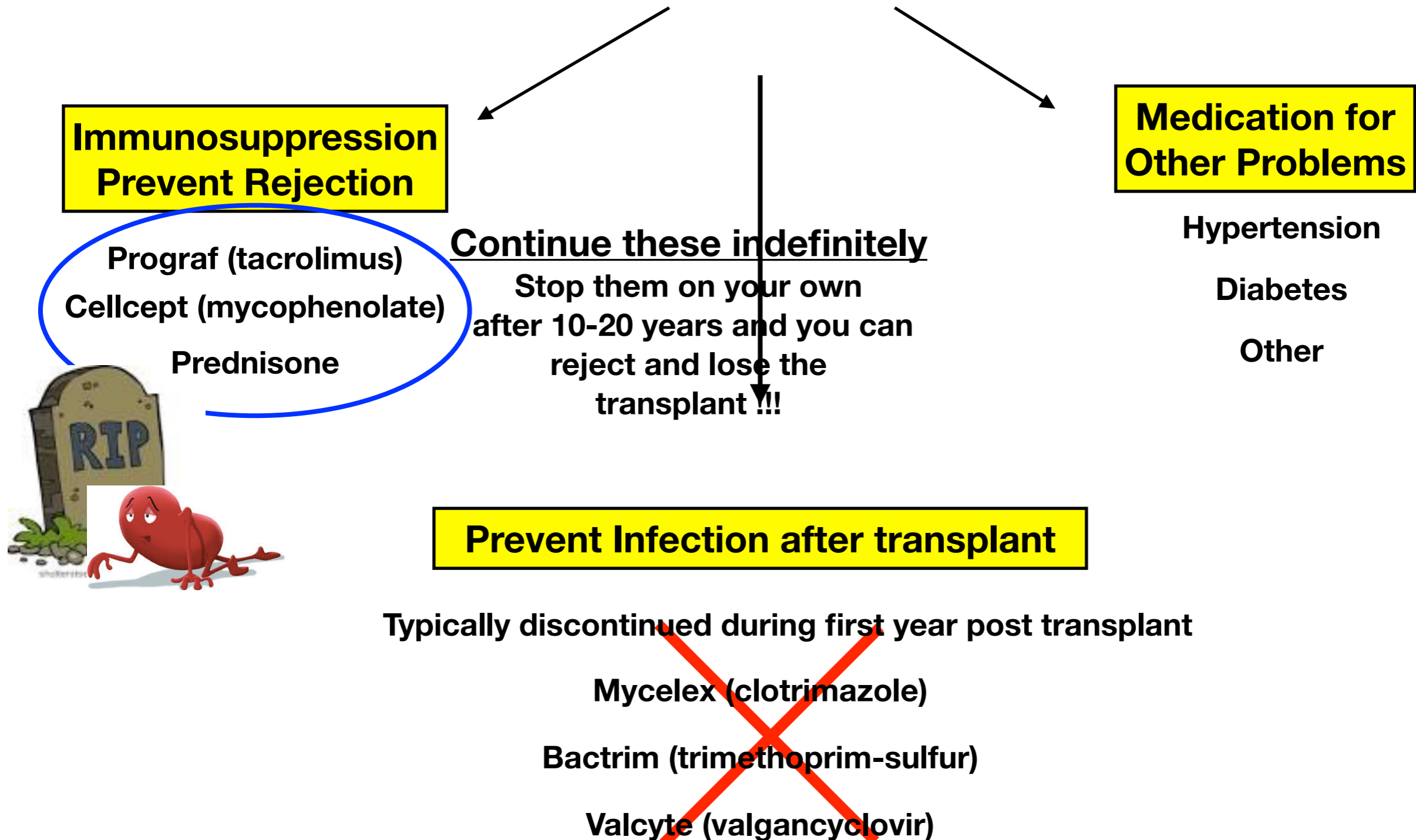
Hypertension

Diabetes

Other

Medications after transplant surgery

How long will I need to take them?



Medications after transplant surgery

Transplant recipients should always consult with their nephrologist before taking any medication prescribed by another physician

The same is suggested for over-the-counter medications, and all supplements, including vitamins

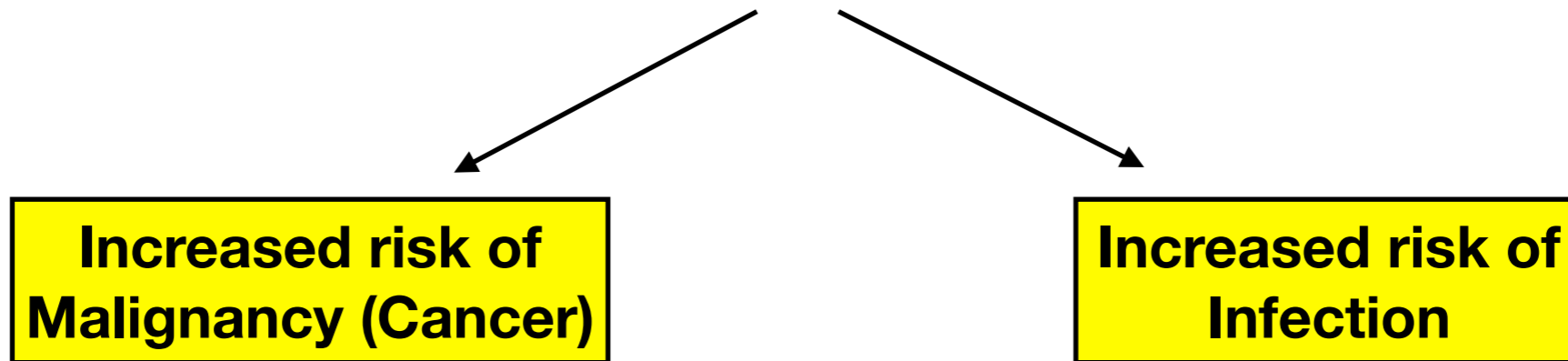
A Word About Vaccinations

Transplant recipients should always consult with their transplant nephrologist before receiving any vaccinations

In general, it is safe to receive vaccinations made from killed viruses or viral products, including currently administered mRNA vaccines for COVID-19

In general, it is not safe to receive vaccinations containing weakened or live viruses

5- What are the side effects of my transplant medication?



Non-melanoma skin cancers
Squamous cell and Basal Cell Carcinoma

Melanoma

Lymphoma “PTLD”

Kidney Cancer

6- Will I still need to follow-up with all of my doctors after my surgery?



0 - 1 month

Starting **immediately after surgery** follow-up with one of **our transplant nephrologists**

1 - 3 month

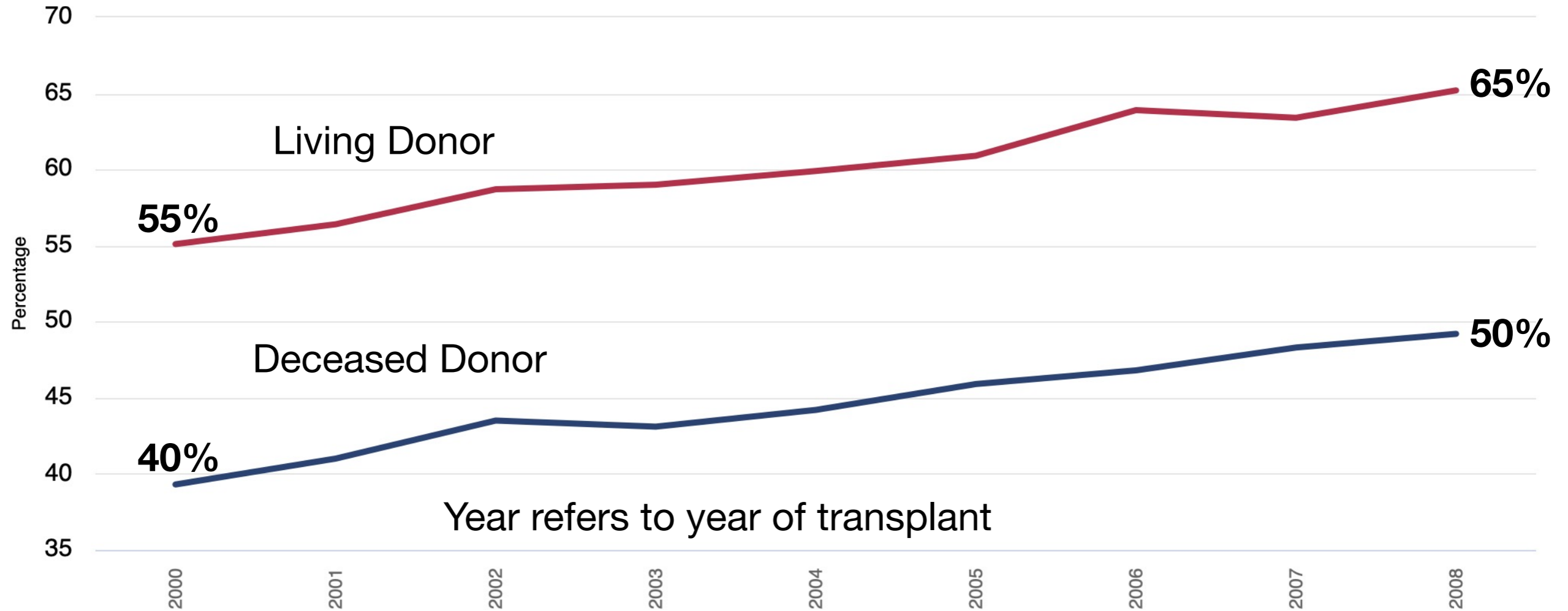
Return to care of your own nephrologist, other specialists, primary care physicians etc. with continued **joint follow-up** with our transplant nephrologist here

> 3 months

Continued care / follow-up **with your own nephrologist** and **'milestone' visits, e.g. yearly, or transplant problems with your transplant nephrologist**

7- Will my transplanted kidney last for the rest of my life?

From Fig 6-16 - United States Renal Data System Annual Report - 2020
Graft survival at 10 years



- Both deceased and living donor graft survival have improved through the years

One of our patients celebrated her **50th anniversary** with her **deceased donor kidney**

8- Is there a diet I need to follow to keep my kidney safe and healthy ?

A Mediterranean Style Diet is associated with a lower rate of transplant kidney function decline, transplant kidney failure, and transplant graft loss

Gomes-Neto et al. CJASN (2020)



Vegetables, fruits, whole grains and healthy fats
Including olive oil every day

Several servings per week of chicken, fish
And no more than 1 egg yolk per day



Wine with meals - 1-2 glasses



Limit low fat yogurt and cheese



Limit meat intake
(maybe 1 serving every other week)



Limit processed foods
and 'fast' foods

9- What should I do if I don't feel well?



If you are not feeling well:

Can you take care of 'not feeling well', i.e. running nose, allergies, yourself ?

Or - do you have a **fever** ????

Call your local, primary physician or nephrologist ? But if you are unsure.....

Don't hesitate to call the transplant 'hotline'
There is a nephrologist on call 24/7

10- Where would I go if I need emotional support ?



Receiving a kidney transplant is NOT just a simple solution

It may open the door to different types of emotional stress!

Post transplant emotional release is a normal response !!!!

- We are here for you -
contact your transplant nephrologist and/or social worker

KNOWLEDGE

Internet Site to Help You Take Charge

Compare transplant programs
and
Reduce your wait for a deceased donor transplant

Find transplant centers with shorter wait

Compare transplant programs anywhere in the country

Scientific registry of transplant recipients

srtr.org

Internet Sites of Interest to Help You Take Charge

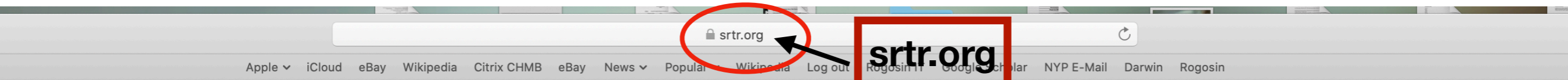
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srtr.org

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FIND & COMPARE TRANSPLANT PROGRAMS

Select Organ Search by Postal Code or Program Name (optional)

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In 2020, over 35,000 transplants were performed.

The New SRTR Review Committee

In addition to the main SRC, three standing subcommittees have been formed. Read the announcement:

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SRTR SCIENTIFIC REGISTRY OF TRANSPLANT RECIPIENTS

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Kidney

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< Home | Transplant Centers

Transplant Center Search Results

Center Name

Location: Within 50 miles of OR Select State

Recipient: Adult

UPDATE CLEAR

Showing 256 results for kidney transplant centers, adult patients

Worse Better

Compare Each center to the National Rates.

SHOW NATIONAL RATES >>

Click column headers below to sort the results. Click [here](#) to learn about the information provided on this page.

DISTANCE	DECEASED DONOR TRANSPLANTS IN A YEAR	LIVING DONOR TRANSPLANTS IN A YEAR	GETTING A DECEASED DONOR TRANSPLANT FASTER	1-YEAR KIDNEY SURVIVAL
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i For kidney transplant candidates, this measure has the **largest impact on survival after listing**. 1 year kidney survival includes only candidates who received a transplant among these three measures.

Compare transplant programs anywhere in the country

Transplant Center Search Results

Center Name | Location Within of OR | Recipient

Showing **15 results** for **kidney** transplant centers, **adult** patients in **New York**

 The COVID-19 pandemic affected the nation's transplant system this reporting period. Click [here](#) to learn about changes to reports due to the pandemic.

Worse Better
Compare each center to the national rates.

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6

7

Compare transplant programs anywhere in the country **-including-**

- See what percentage of patients underwent transplant from a deceased donor at this program within 30 days, 1 year, 2 years or 3 years of being placed on the transplant list.
- Transplant outcomes - 1-month, 1-year and 3-year recipient survival with a functioning transplant.
How does this program compare to overall US data?