

Wellness Ambassador

Transplant Questions

“Top 10”



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

“Live”

“Deceased”

Living-related donors

‘blood’ related relatives

Parent ↔ Child

Siblings

Someone in the hospital
Supported by machines

and

Cannot recover

Living-unrelated donors

Husband ↔ Wife

Friends, Co-workers

Altruistic

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?

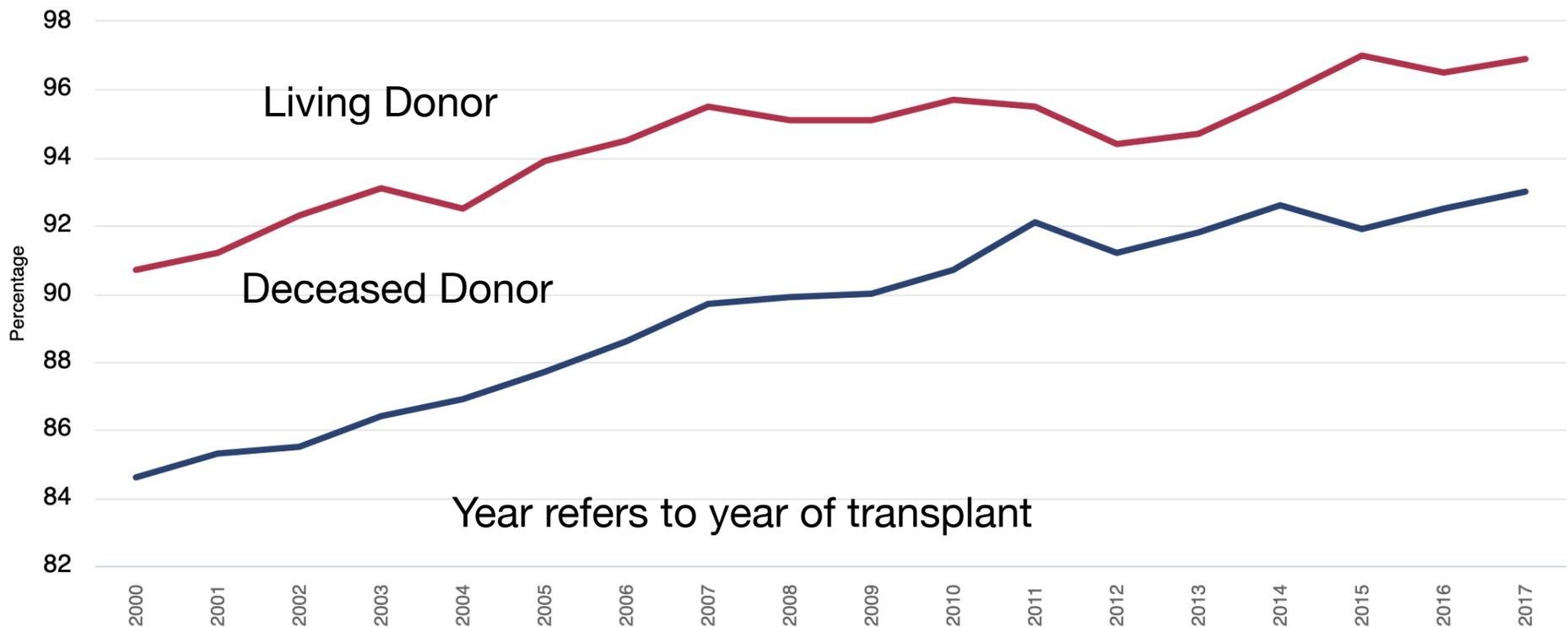
Recipients of kidneys from “**Living**” donors and “**Deceased**” donors can live long, healthy lives with their transplants

- *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

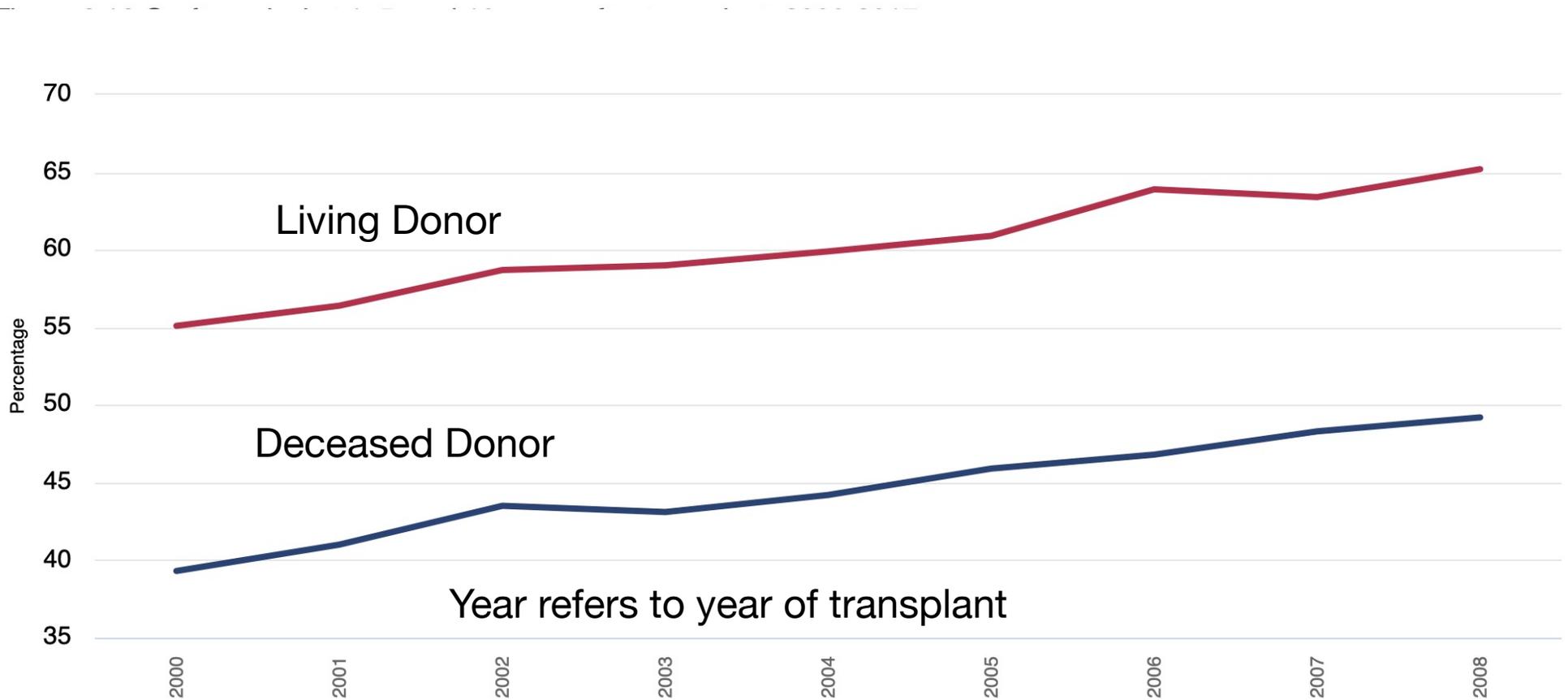


- Both deceased and living donor graft survival have improved through the years

- The 1 year graft survival difference between deceased and living donor grafts is narrowing

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

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 - typically 3-4 hours

After surgery, **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, i.e. 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 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 and 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

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

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graph TD; A[Medications after transplant surgery that you will be discharged on] --> B[Immunosuppression Prevent Rejection]; A --> C[Prevent Infection After transplant]; A --> D[Medication for Other Problems];
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**Immunosuppression
Prevent Rejection**

Prograf (tacrolimus)

Cellcept (mycophenolate)

? Prednisone (steroid)

**Prevent Infection
After transplant**

Mycelex (clotrimazole)

Bactrim (trimethoprim-sulfur)

Valcyte (valgancyclovir)

**Medication for
Other Problems**

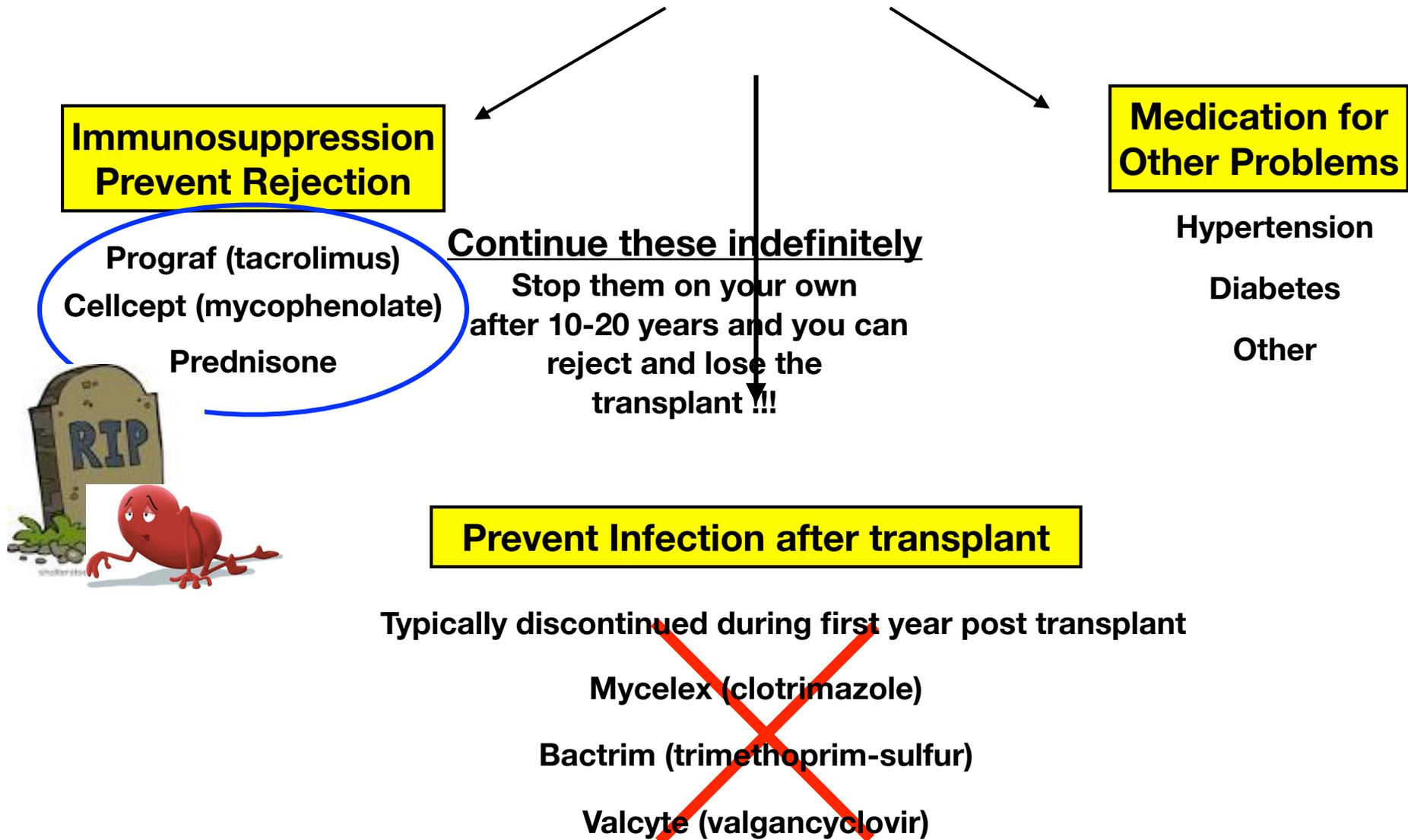
Hypertension

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

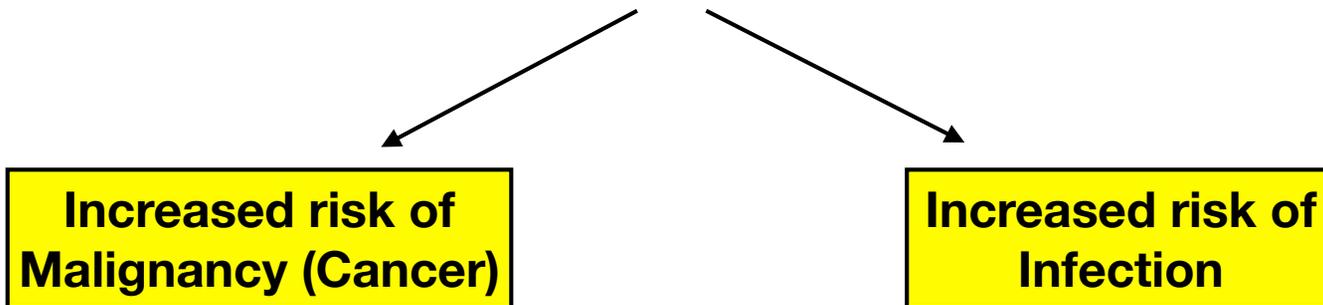
A Word About Vaccinations

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

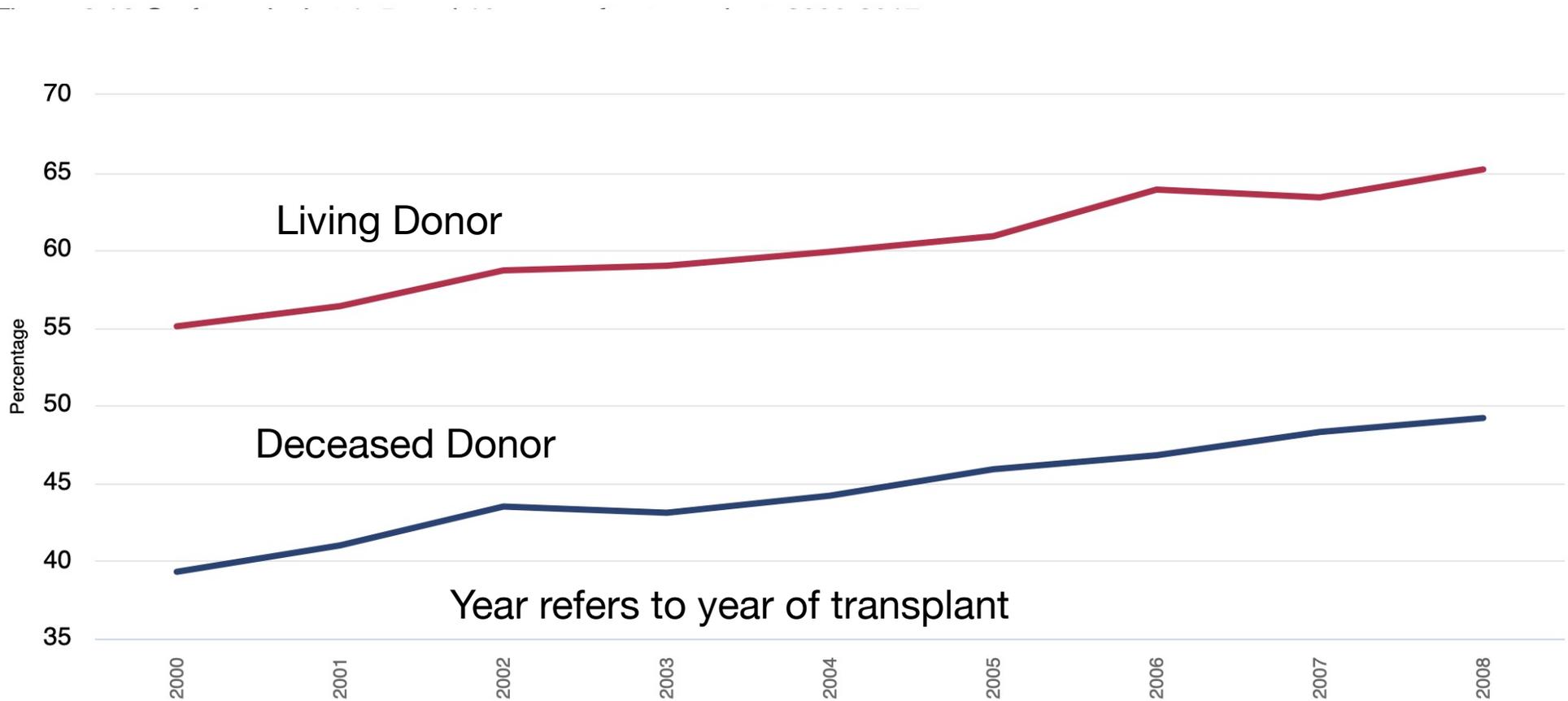
6- Will I still need to follow-up with all of my doctors after my surgery?



- 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 ever 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

Internet Sites of Interest to Help You Take Charge

What programs can I contact to reduce my wait

txmultilisting.com

The screenshot shows the txmultilisting.com website. The browser address bar displays 'txmultilisting.com'. The top navigation bar includes a hamburger menu icon on the left, the slogan 'Find transplant centers with shorter wait' in the center, and a green 'DONATE' button with a heart icon on the right. Below this is a horizontal menu with the following items: HOME, REDUCE WAIT (circled in blue), GET LISTED, FAQ, TESTIMONIALS, BLOG, and CONTACT. The main content area features a 'Welcome to TxMultilisting.com' heading, followed by a paragraph explaining the site's purpose: 'This web site will help you navigate through the complex process of receiving a life-saving transplant. You could increase your opportunities to receive a kidney transplant by getting listed at multiple transplant centers! Check out the transplant centers across the USA and the different wait times.' A dark blue button labeled 'Let's get started' with a right-pointing arrow is positioned below the text. To the right of the main text is a poll titled 'How long did it take you to get listed at your transplant center?'. The poll has three radio button options: '2-4 weeks, no problem!' (which is selected), 'Under 3 months, way too long ...', and 'Over 3 months, unacceptable!'. Below the poll are two buttons: 'Vote' and 'Results'. At the bottom of the page, there are three white boxes with dark borders. The first box contains a map of the USA and the text 'How long is the wait for a kidney transplant in US?'. The second box contains a portrait of a man and the text 'So why aren't there more organs available in California?'. The third box contains a globe icon and the text 'How long is the wait for a kidney transplant worldwide?'.

Internet Sites of Interest to Help You Take Charge

txmultilisting.com

Find transplant centers with shorter wait

HOME **REDUCE WAIT** GET LISTED FAQ TESTIMONIALS BLOG CONTACT

Find Transplant Centers for your Blood Type and PRA. Click on the dots on the map for more information.

City Or Zip code: 10021 Distance: 200 miles Blood type: O PRA: 0-19 Search

Wait time less: Cadaveric Transplants greater: 50 Filter

Transplant Center	Wait time forecast (months)	Getting there	Patients on the waiting list	2019 Removal Volume	2019 Cadaveric Transplants Volume	2019 Removal Chart
NJHK - Hackensack University Medical Center	21		224	164	85	
PALV - Lehigh Valley Hospital	29		298	179	84	
CTHH - Hartford Hospital	31		371	173	79	
PAGM - Geisinger Medical Center	32		253	118	73	
MDUM - University of Maryland Medical System	35		864	393	94	
PAAE - Albert Einstein Medical Center	53		568	172	56	
NYCP - NY Presbyterian Hospital/Columbia Univ. Medical Center	53		626	356	85	
PAUP - Hospital of the University of Pennsylvania	53		1175	441	147	
NYMA - Montefiore Medical Center	54		1147	352	123	
MDJH - Johns Hopkins Hospital	56		1371	499	184	

Based on OPTN data as of November 11, 2020.

Internet Sites of Interest to Help You Take Charge



FIND & COMPARE TRANSPLANT PROGRAMS

Kidney Search by Postal Code or Program Name (optional)



[Home](#) | Transplant Centers

Transplant Center Search Results

Center Name Location Within miles of OR Select State Recipient

Showing **256 results** for **kidney** transplant centers, **adult** patients

Worse Better
Compare Each center to the 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.