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Getting Ready for the “CALL”**

What to do while waiting for a kidney transplant

Maintain Your Health

- Eat well
- Keep yourself active
- Follow dialysis treatment
- Notify the transplant office if there are changes in your health condition
- Quit smoking (smoking can decrease the blood flow to the body including the transplant kidney)



What to do while waiting for a kidney transplant

Making Arrangements

- Transportation to the hospital at the time of transplant
- Transportation going to the hospital for post transplant care appointments
- Child care, pet care
- Finances i.e paying the bills, paying the rent
- Accommodation arrangement (if you live far from Toronto)
- Family or any social support post transplant
- Necessary arrangement at your workplace



What to do while waiting for a kidney transplant

Other Things to Prepare

- Find out your drug insurance coverage (Trillium, Private, mixed, ODSP,)
- Having family doctor
- Reliable telephone number
- Notify the transplant office when there are changes in your telephone number, address or any contact information
- Make a list of people you need to call before going to the hospital
- Make a list of the things you need to do before going to the hospital



Receiving the “CALL”

- St. Michael’s Hospital number will appear in your phone as blocked or unknown or private number for privacy reason.
- The person calling will ask several questions to get an idea of your present health condition.
- Stay Calm
- Do not eat or drink going to the hospital
- Notify people who needs to know that you are going to the hospital



Receiving the “CALL”

- Look at your list for things to do and people to call
- Bring what you think is necessary while you are in the hospital (ex. bathrobe, non slip shoes, soap, tooth brush)
- Bring all your medicines in their original bottles
- Go to the hospital safely as soon as possible or have someone bring you to the hospital
- Do not bring any valuables



Arriving at St. Michael's Hospital

- You have to go to 8 Cardinal Carter wing (8CC kidney unit)
- Please request an interpreter if you do not understand what is being explained or discussed to you.
- The doctors or nurses will do their assessment
- Blood will be drawn for testing (ex. cross match)
- Sometimes 2 people will be called for 1 kidney (one is the primary recipient and the other is a back up)
- If there are no medical issues you will be prepared to go to the operating room (OR)



Research Study at St. Michael's Hospital Transplant Program





St. Michael's

Inspired Care. Inspiring Science.