PATHWAY TO KIDNEY TRANSPLANT

NOTE: It’s never too late to choose Path 2

PATIENT WITH KIDNEY DISEASE

PATH 1

GET READY FOR DIALYSIS

KIDNEY FUNCTION 30%

KIDNEY FUNCTION 20%

KIDNEY FUNCTION 10-15%

PATH 2

IDENTIFY POTENTIAL DONORS

GET READY FOR KIDNEY TRANSPLANT*

EVALUATION FOR KIDNEY TRANSPLANT*

GET READY TO BE A KIDNEY DONOR*

EVALUATION TO BE A KIDNEY DONOR*

INTERESTED DONORS

KIDNEY TRANSPLANT

DIALYSIS

*Refer to applicable checklists
GET READY TO BE A KIDNEY DONOR
Donors where their Potential Recipient has kidney function ≤ 30%

EDUCATE YOURSELF AND CONSIDER IF KIDNEY DONATION IS AN OPTION FOR YOU

- [ ] www.BaylorHealth.com/LivingDonorKidneyTransplant
- [ ] www.asts.org/resources/living-kidney-donation-english

FOCUS ON YOUR HEALTH
It is important to be as healthy as possible when you donate a kidney. The following items will assist you in this process.

- Schedule a routine health check-up with your Primary Care Physician
- Obtain routine labs (metabolic panel and CBC)
- Blood pressure – it can be dangerous to donate a kidney if your blood pressure is > 140/90. Work with your primary care physician for a diet and exercise plan to reduce your blood pressure if needed.
- Body weight – Your Body Mass Index (BMI) must be within criteria to safely donate a kidney. Based on the scale below, lose weight (as applicable) to have a BMI of 30 or less.
- Routine cancer screening – Results for the following tests are required to begin the transplant evaluation. Complete these now, as applicable:
  - PAP smear within last 3 years, if female 21-65 years old
  - Mammogram within last year, if female ≥ 40 years old
  - Prostate Specific Antigen (PSA) within last 2 years, if male > 40 years old
  - Colonoscopy – female and male ≥ 50 years old

DEVELOP POST-DONATION CARE PLAN

- Identify potential caregivers – you will need someone to help you with your care after donation the first 1-2 weeks.
- Disability – Learn how to apply for short term disability (if applicable)
- Learn how to apply for FMLA (donor & family, if applicable)
- Childcare – Plan for childcare (if applicable)

- Housing – you will receive post donation care at the transplant center for 7-10 days after donation. Depending on where you live, you may need to stay in the area during this time. One option is Twice Blessed House: www.BaylorHealth.com/TBH
- Maintaining income – You will not be able to work for approximately 4 weeks after transplant. Develop a plan for loss of income during this time (if applicable)
- If expenses during evaluation (travel, housing, etc) are a concern, research the following program: National Living Donor Assistance Program, email: NLDAC@livingdonorassistance.org
- Call Donor Hotline – You can speak to a donor coordinator if you have any questions about how to prepare to be a kidney donor or the kidney donation process.
  - Donors for Recipients at Baylor University Medical Center at Dallas contact: 214.820.GIFT (214.820.4438)
  - Donors for Recipients at Baylor All Saints Medical Center at Fort Worth contact: 817.922.2990

EVALUATION TO BE A KIDNEY DONOR
Donors where their Potential Recipient has kidney function ≤ 20%

After the recipient has been referred for Transplant, you may begin the Donor evaluation process by the following steps:

- Complete the online confidential health history questionnaire
  - To be a donor for your potential recipient at Baylor Dallas, please type the following into your browser: livingdonordallas.org
  - To be a donor for your potential recipient at Baylor Fort Worth, please type the following into your browser: livingdonorfortworth.org
- Complete scheduled kidney donor evaluation visits
- Continue to complete any remaining steps from the previous section