Waiting for a kidney?

Make sure you are ready when the offer comes.

Here is a list of things you should do:

• Call us if you have had any changes in your insurance coverage.
• Notify your transplant coordinator of any changes in your health.
• Call us if you have a blood transfusion.
• Consider and look for a living donor.
• Follow your renal diet and exercise regularly to stay healthy.
• Watch your weight. Keep your BMI below 38 for transplant.
• If you smoke, QUIT now. Call the Delaware Quit line at 1-866-409-1858.
• See your dentist to make sure your teeth and gums are healthy.
• Keep up with your health screenings: mammograms (women 40 and older), PAP smears (women), prostate exam (men 40 and older), colonoscopy (50 and older) and skin checks.

Call the Kidney Transplant Office with any questions at 302-623-3866.

Christiana Care Health System
Kidney Transplant Program