Waiting for a kidney?

ChristianaCare Kidney Transplant Program tips to keep you ready to go!

• Communicate changes
  o Contact information (i.e., address, phone #)
  o Insurance coverage
  o Having a blood transfusion
  o Any medical issues

• Stay consistent
  o Full dialysis treatments
  o Monthly blood work
  o Follow the diet recommended by the kidney doctor or dietitian.
  o Exercise regularly (Frailty test will be given: Goal is score of zero-Not Frail).
  o CPAP usage if needed

• Maintain your health
  o Visit Primary Care doctor for yearly physical.
  o Keep BMI below 38.
  o Control blood sugar (A1C level <9.0 x 3 consecutive labs).
  o Control Phosphorus (not to exceed 7.5 x 3 consecutive months).
  o Improve Protein (Albumin level > 3.5 x 3 months).
  o Control Potassium (<5.0).
  o QUIT smoking now. Call the Delaware Quit line at 1-866-409-1858.
  o See dentist to make sure your teeth and gums are healthy.
  o Only take medicines or supplements recommended by your doctor.
  o Schedule health screenings.
    ▪ Mammograms
    ▪ PAP smears
    ▪ Prostate exam
    ▪ Colonoscopy
    ▪ Skin checks

• Complete Living Donor Champion training.

For more information, contact the ChristianaCare Kidney Transplant Program at 302.623.3866.