

Waiting for a kidney?

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

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

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

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

- Complete Living Donor Champion training.