



Royal Berkshire
NHS Foundation Trust

Department of Renal Services



Your kidney transplant

Now you are on the kidney transplant waiting list

Contact numbers:

Pre-Transplant Nurse: 0118 322 8332

Or telephone 0118 322 5111 and ask switchboard to bleep 40593 Mon-Fri 9am-5pm for the Transplant Nurses

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This guide is for patients who have been accepted onto the kidney transplantation waiting list.

If you have any further questions, please ask your consultant or specialist nurse. This guide will give you details about what you need to do whilst you are waiting for your transplant and what to expect when you are called.



How do I know if I am on the waiting list?

The Oxford Transplant Centre nurse will telephone you and tell you when you have been cleared to go on the Transplant Waiting List. If you are a 'Pre Dialysis' patient the RBH doctors may ask you to be activated and immediately suspended on the list. This would happen if your kidney function is not yet quite poor enough for you to need a transplant. When it does, you can be immediately activated on the list. Your consultant will be able to discuss with you what they are looking for in your blood results.

Really important

Once you are on the transplant list, a 10ml clotted blood sample will need to be sent to Oxford every month, to be used if a potentially matching kidney is found. Please talk to your nurse about the best way to do this; you will need a separate form to your pre clinic blood test. If you are on haemodialysis this will be done automatically by the nurses with your monthly bloods.

Make sure that all of your contact numbers are current and correct at all times. If you are called for transplant, they will do their best to contact you but they will not leave a message on an answerphone! Ensure you can hear the phone when you are in bed – you may need to get a phone put in by your bed. Make sure you always have your mobile phone with you day and night, turned on and charged. You never know when you might get the call!

What if I move or change my phone number?

It is very important that we have your up-to-date contact details, particularly phone numbers. A transplant call can come at any time and if we cannot get hold of you, we will have to offer the kidney to

someone else. Please let kidney care/dialysis/transplant staff know if you have changed your phone number or have moved home.

What should I do while I am waiting for my transplant?

- Have a plan about how you will get to Oxford when you get a call. Remember it could be day or night. If you don't have someone who can take you contact a local taxi firm and enquire about costs. Keep money for a taxi so you know you can always get there.
- Carry on as normal but make sure you stay as healthy as you can. Regular exercises will help maintain your fitness and if you smoke, you should stop.
- Your doctor will review your fitness for transplant on a regular basis.
- Let your doctor or Pre-Transplant Nurse know if you are ill or if you go away on holiday so they can temporarily suspend you from the list.
- Continue with your required dialysis and take all of your prescribed medication.
- Let your doctor or Pre-Transplant Nurse know when you are better or when you return from holiday so they can re-activate you on the list. If you have dialysis abroad while on holiday, you may need a longer period off the list while we check that you have not caught any infections from the holiday dialysis unit.

How long will I wait for a kidney?

Unfortunately, we cannot predict how long this will be. United Kingdom Transplant (UKT) allocates kidneys by matching blood group and tissue type. This system is in place to ensure the best match between you and the donor kidney. It does not mean you have to get to the top of a list; it is who is the best match. The wait can be anything from a

few weeks to many years. If your tissue type is rare or you are sensitised to certain tissue types (from blood transfusions, previous transplants or pregnancy) you may have to wait longer than average.

What should I do when I get the call?

- The Oxford Transplant Co-ordinator will ask you to come to the hospital in Oxford straight away.
- Please let the co-ordinator know if you are unwell or have been into hospital recently. You will need to be in the best possible health for your transplant operation.
- Do not delay coming to the hospital as this will increase the time we have to store the kidney and may impact on the success of the transplant.
- Do not have anything else to eat or drink following the call as you will need to have an empty stomach for the anaesthetic.
- You may be called in as a 'back up' recipient. The person who calls you in will tell you if you are a 'back up' patient. This is done to avoid any delay in finding another possible candidate for the kidney. This could be because the first person they contacted ('first call') may be found not fit enough for transplantation or has had a positive cross-match to the donated kidney (i.e. an antibody reaction). It is possible that you may be sent home, whether you were 'first call' or 'back up' patients when you were called in, so please be prepared for this and the disappointment it may cause.

What will happen when I arrive at the Transplant Centre?

Go straight to the ward. The doctor will assess you to make sure you are fit enough to have a surgery. The doctor will take blood in order to make sure you are a match with the kidney; you may need dialysis before the operation.

You will have a chest x-ray and ECG (tracing of your heart). An anaesthetist will come to see you to make sure you are fit for anaesthetic for the operation.

The surgeon will come to see you and explain more of the risks and benefits of the operation. They will ask you to sign the consent form for the operation, if you are happy to go ahead with the kidney transplant and understand all the facts about the operation.

Returning to the care of Royal Berkshire Hospital Team:

You will be looked after by the transplant team in Oxford for the first six months after your transplant. Then our doctors will take over your care. You will be seen in one of our transplant clinics closest to where you live, either in Reading, Bracknell, Windsor, Thatcham or Henley. The transplant nurses based at The Royal Berks will be your point of contact and oversee your medication supply, blood results and help with any problems or question you may have.

Useful contacts

www.royalberkshire.nhs.uk

www.oxfordracliffe.nhs.uk

www.kidney.org.uk

www.kidneycare.nhs.uk

www.kidneywise.com

www.uktransplant.org.uk

If you would like a copy of this booklet in large print or in another language, please contact
0118 322 8332

Based on information from the Oxford Radcliffe Hospitals NHS Trust
Kidney Transplant booklet (OMI 50749)

Royal Berkshire NHS Foundation Trust
London Road
Reading RG1 5AN
0118 322 5111 (switchboard)

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