

North Queensland
**Kidney
Transplant
Service**

What to Expect Before Your Transplant

Be informed and empowered
before your transplant journey



The NQKTS wants to empower you on your transplant journey.

This booklet is designed to give you a very simple overview of your kidney transplant journey. We will provide you with further detailed information in the future.

If you have any questions or want to discuss something further, please don't hesitate to reach out to the NQKTS team.

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Meet the Team



Dr Michelle Harfield
Clinical Lead



Dr Nikhil Mahajan
Transplant Surgeon



Dr Aasim Khan
Transplant Surgeon



Natalie
Nursing Director



Lauren
Clinical Nurse



Mike
Clinical Nurse Coordinator



Marie
Social Worker



Tapu
Nephrologist



Jess
Senior Psychologist



Grace
Clinical Nurse Coordinator



Hayley
Pharmacist



Jordan
Admin Officer



Kerry
Data Manager

Work Up and Assessment

We will organise for lots of testing to give the transplant team the best understanding of your health.

Below are the tests that you will have.



ECHO



Blood tests



CT Scan



Dental checks



Skin checks



Ideal weight



You must quit smoking at least 3 months before we can add you to the transplant list

Plan Ahead

Here are a few things that you will need to think about before your kidney transplant journey.

You and your transplant coordinators will discuss the plan ahead. This will include:

Who will support you through your transplant journey?

How you will be traveling to Townsville?   

How much money do you need to save before the transplant? 

Who will look after your children and pets? 

Are your contact details up to date?   

! You will be off work for at least 2 months

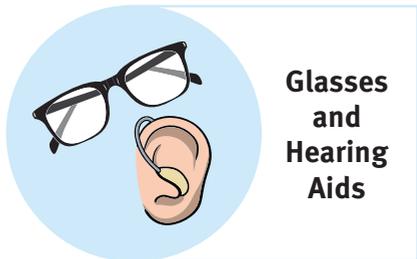
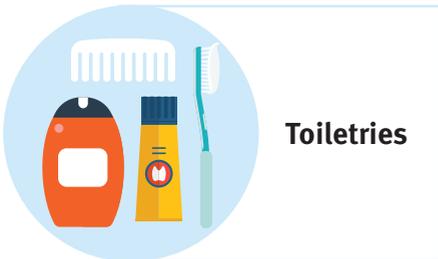
Make sure you have a chat with your employer to make a plan

! You will be unable to drive for 6 weeks

You will need transport daily for appointment

What to Pack

Packing ahead of time can help prepare for when you get the call



Waiting for the Call

How to prepare before your transplant



Continue doing dialysis



Medication Compliance



Maintaining Target Weight



Yearly transplant investigations



Regular Dental Check-ups



Up-to-date vaccinations



Regular Skin Check up



Emotional Wellbeing



Physical Activity

You Have Received a Call



What's next?

You will receive a call from a 'No Caller ID' number. Keep your phone charged and near by so you can hear it.

Your local hospital will contact you to book travel.



1

Drive or fly to the Townsville University Hospital



2

Follow the instructions that are given to you by your kidney doctor. They will tell you when to start fasting, what medications to take and other important information.

3

When you arrive at the Hospital where do you go?

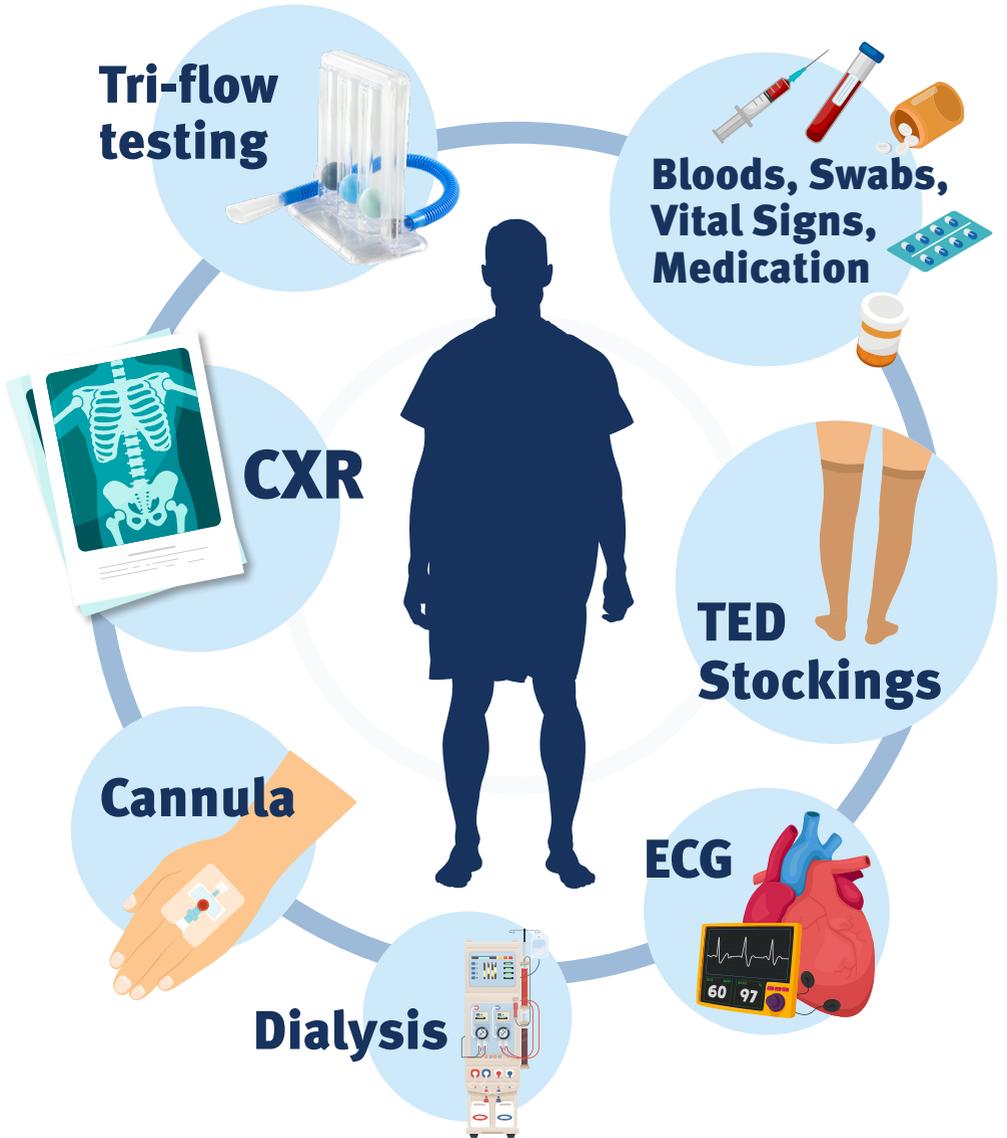
If you arrive after 5:00pm go to the Emergency Department.

If you arrive between 8:00-5:00pm go to Central Admissions on the ground floor to be admitted into the Acute Admission Unit (AAU).

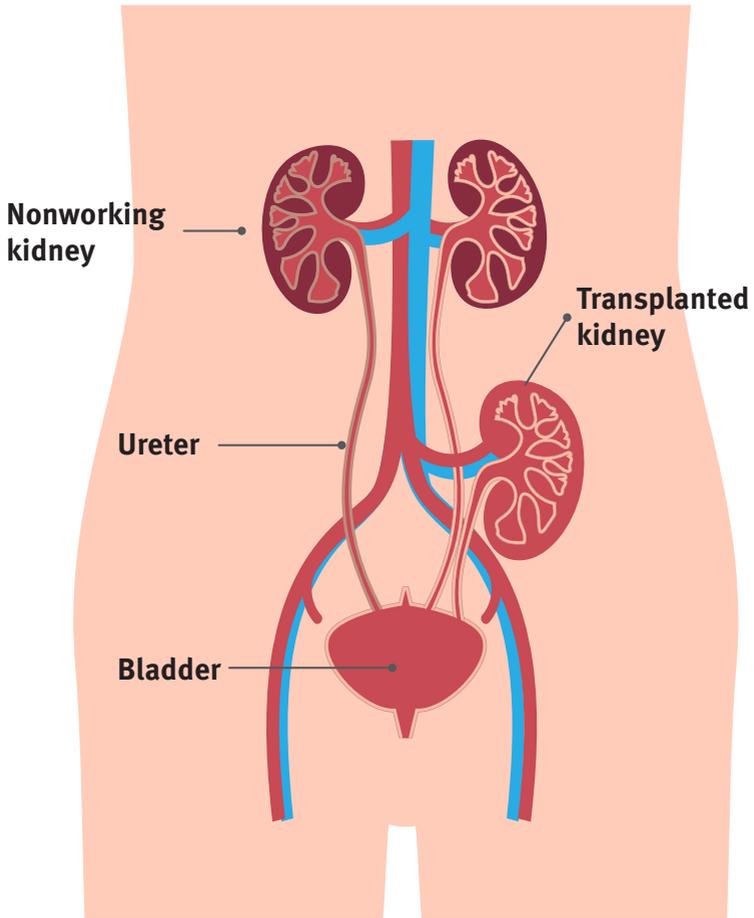
If you have any questions contact the North Queensland Kidney Transplant team

☎ (07) 4433 7076

Before Your Transplant



The Surgery

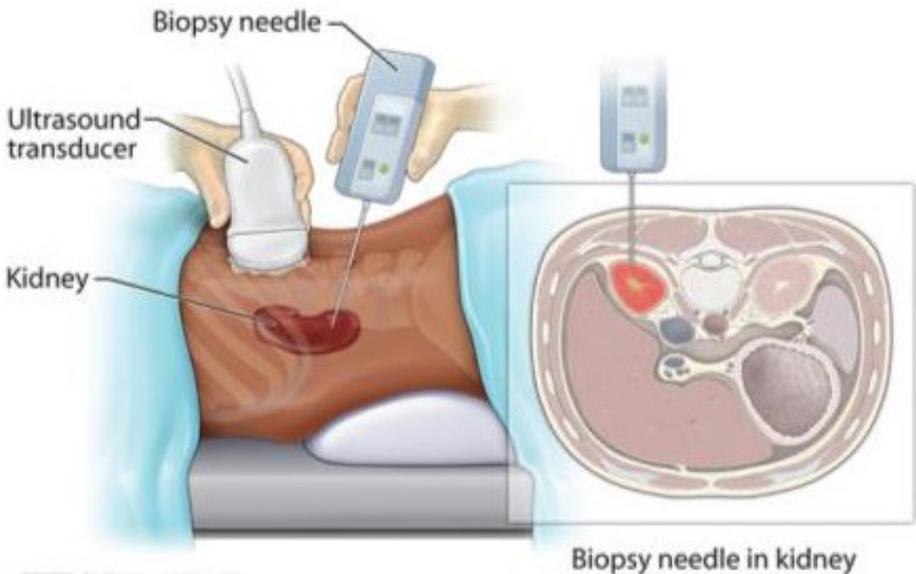


After Transplant



Complications

You may need a Kidney Biopsy, this checks for problems with your new kidney.



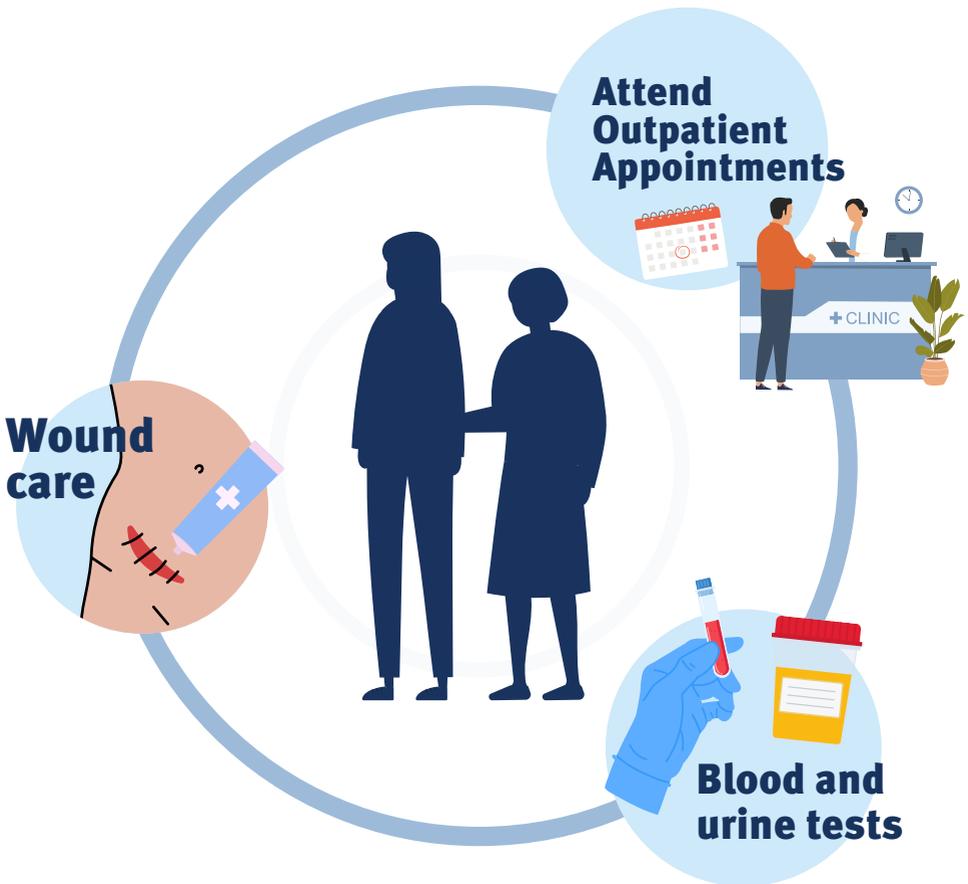
There are different types of complications:

- **Sleepy kidney (delayed graft function)**
- **Rejection**

Outpatient

Outpatient appointments will be daily for the first two weeks. Once the doctors are happy with how your new kidney is doing, we will ask for you to come every second day for four weeks.

Everyone's journey is different.



Life After Transplant

The next chapter of your journey starts here.

1 Taking your medications at the same time every day.



2 Attending regular health checks, seeing your kidney doctor regularly and keeping up to date with your vaccinations, dental and skin checks.

3 Keep up a healthy lifestyle – eating a healthy diet, drinking plenty of water, exercising and taking your medications.



4 Checking in on your emotional wellbeing. Touching base with our psychologist and social worker if you need any support.



Contact details:

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Version 1
Last reviewed:
July 2025
Review date:
July 2028