

North Queensland

Kidney Transplant Service

Transplant Activation Guide

Helpful information now that you are
active on the transplant waiting list

ACTIVE

You are now *active* on the waiting list to receive a kidney transplant with the North Queensland Kidney Transplant Service.

This booklet provides helpful information to support you as you prepare for the call about your kidney transplant.

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

| | |
|-----------------------------------|----|
| Waiting List Activation | 1 |
| Important Reminders | 2 |
| Contact Details | 3 |
| Waiting for Your Transplant | 4 |
| Staying Healthy and Active | 5 |
| Regular Investigations | 6 |
| Getting the Call: Your Next Steps | 8 |
| What to Pack | 10 |

Notification of Waiting List *Activation*

ACTIVE

You and your team have worked hard to get to this stage, and we want to provide you with important information that will help with your next steps.

The call to come in for a transplant can occur at any time now.

The wait time varies – it could be as soon as tomorrow or in a couple of years – regardless of the timeframe, we want to best prepare you for when the call comes.



Keep your phone on, stay connected and be ready.

Your transplant call could come anytime.

Valuable information about the North Queensland Kidney Transplant Service is available on the NQKTS website

Scan the QR code to find out more



Important Reminders

Be sure the time is right

1

If you feel like you are not ready to be transplanted right now, please let either your local nephrologist, transplant coordinator or the NQKTS team know so we can have a chat.

It is okay if you need to be put on hold whilst on the transplant list. Your wait time begins from the day you begin dialysis and is not impacted if you are on hold for any given time.

Be ready

2

Chat to your local transplant coordinator about preparing to travel to Townsville and find out if there are forms you will need to fill out so travel can be organised when the time comes.

Be contactable

3

- Let us know if your contact details change
- The call for a transplant can come at any time, **often in the middle of the night**
- Keep your phone on, fully charged and with you at all times
- We will ring from a hospital phone so it will likely appear as a **NO CALLER ID**.



IMPORTANT INFORMATION



We'll do our very best to reach you and your listed contacts, so it's helpful if someone knows where you are.





If we're unable to get in touch within about 30 minutes, we may need to continue with the next person.

Contact Details

To help us reach you quickly if a kidney becomes available, it's really important to keep your contact information up to date.

Keeping your information current helps us connect with you promptly when it matters most.

Has any of the below changed?

-  **Your address or if you're moving**
-  **Your phone number**
-  **Your next of kin information
(adding, removing, or changing)**
-  **If you're planning to go on holiday**

If any of the above details have recently changed for you, please make sure to let your Transplant Coordinator know.

If you have any questions or need assistance, your Transplant Coordinator is always here to help.

Waiting for Your Transplant

The experience of waiting for a transplant is different for each person. How your health is holding up, your support systems, feelings about transplantation and whether there are other family worries, can all have an impact.

The time between when you are accepted onto the waiting list until a suitable donor organ becomes available, provides opportunity for you and your families to prepare as much as you can.

Keep the below in mind:

- **Preparation is important.**
- **The resources and topics on the transplant websites provide useful information for both before and after transplantation. The treating team will always try to answer questions and support any concerns you or your family might have.**
- **Waiting and wondering, and in some instances watching loved ones get sicker, can be tough and worrying. Transplant recipients have commented that they found it was helpful to consider each day being a step closer to a possible transplant.**
- **Maintaining good mental health is important.**



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

Staying Healthy and Active



Attend all the pre-transplant clinic appointments



Keep up to date with yearly transplant investigations



Ensure you avoid receiving blood transfusions



Continue doing dialysis



Maintain your target weight



Have a chat to the NQKTS team about any worries you might have



Maintain connection with family and friends



Keep doing activities that you enjoy



Eat well and keep moving

Regular Investigations

Your transplant coordinator will let you know when its time to have these regular tests done.

These tests and scans are done frequently so the North Queensland Kidney Transplant Service team can keep up to date and make sure you are fit and ready for transplant.

Monthly

Blood test and tissue typing

Yearly

- **Abdomen ultrasound (scan of your stomach)**
- **Skin checks**
- **Dental checkup**
- **Echocardiogram (scan of your heart)**
- **Vaccinations**

Second yearly

- **Cardiac stress test**
- **Blood vessel scan**

When requested

- **Chest X-Ray**
- **Bone density scan**

Getting the Call: Your Next Steps

1



You will receive a call from a

“no caller ID” number

Keep your phone charged
and near by so you can hear it.

2

Your local hospital will contact you to book travel
unless you are driving to Townsville.

3



Drive or fly to the
**Townsville
University Hospital**
as soon as you can



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

☎ (07) 4433 7076

When you arrive at the Hospital where do you go?

1

If you drove to Townsville, parking is available across from the Main Entrance of the Townsville University Hospital

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

2

If you arrive **between 8:00-5:00pm** go to
Central Admissions

On the ground floor near the Main Entrance
of the Townsville University Hospital

You will then be admitted into the
Acute Admission Unit (AAU).

What to pack

When you receive the phone call to let you know we have a kidney for you, the next steps will happen quickly. To make sure your best prepared for this, we suggest have a packing list somewhere close by or a bag packed so you are ready.

Townsville weather can be hot and humid however you will spend the first 7 days in hospital which can be cold.

You will be away from home for around 6 weeks; it is important that you bring everything you might need.

Clothing



Comfortable clothes



Underwear



Shoes



Socks



Jumper

Toiletries



Toothbrush



Tooth paste



Deodorant



Soap



Hair brush



Razor

Medication



Scripts



Tablets you are currently taking

Personal Belongings



Wallet



Cash



Medicare Card



Photo ID



Phone



**Phone
Charger**



Headphones



Laptop



Reading Book

Medical Aids



Hearing Aids



Glasses



**Dentures
and cleaner**



Walking Aid

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

📞 (07) 4433 7076

Notes

[illegible]

Notes

[illegible]

Notes

[illegible]

Notes

[illegible]

