

Starting your kidney transplant journey

Congratulations on taking your first steps to learning more about pursuing a kidney transplant at UCLA! There are several ways to receive a kidney transplant, but the first step is always to undergo transplant evaluation to make sure that you are healthy enough to receive a new kidney. We have created this packet specifically for kidney patients interested in a kidney transplant to help you learn about each step in the process and to be an empowered partner in your care.

You may have just started thinking about kidney transplant recently or you may have already decided that you want a transplant. Regardless, along the way, you might have had questions like, “What are the other treatment options for kidney disease?”, “Am I okay with getting a kidney from a stranger?”, or, “What medical tests are required to participate?”.

Through this booklet, you will learn about each of the major stages in the transplant journey and ways to proactively manage your care across each.

This booklet will help you to:

1 Start your transplant journey by reviewing:

- What kidney disease is
- Types of transplants and their pros and cons
- Importance of a caregiver
- Resources to learn more about kidney transplant



2 Decide if transplant is the right choice for you by learning:

- Types of medical tests required and how long they take
- Who should and should not consider a transplant
- Risks and benefits to the recipient
- Financial considerations and assistance programs

3 Wait positively for transplant by learning:

- What the waitlist is and how it works
- How long most patients wait
- Multiple listing and strategies to receive a kidney faster
- Types of organ offers and what they mean

4 Prepare for your transplant surgery and recovery by:

- Maintaining a healthy weight and nutrition practices
- Learning how the surgery works
- Learning what to expect after the surgery

5 Stay healthy after your transplant by understanding:

- The importance of immunosuppression
- How your caregiver will help you as you recover
- What your new medication and follow up care will involve

This packet will support you throughout your transplant journey at the Connie Frank Kidney Transplant Center at UCLA, and remember, your care team is always there for you.

We wish you good health!

Your Transplant Care Team
The Connie Frank Kidney
Transplant Center
UCLA Health

