

# HOW TO KEEP YOURSELF TRANSPLANT *Ready!*

Once you're placed on the kidney transplant waitlist, you'll be given a status of “*active*” or “*inactive*.”

If your status is listed as *active*, then you are considered actively ready while waiting in line for a kidney. Active patients can receive calls about kidney opportunities at any time. If you are listed as *inactive*, while you're still on the waitlist, you won't be receiving any calls about a kidney until you complete pending requirements.

## To Remain "Active" You Must:

- keep up with your monthly lab draws and send copies to the center
- complete pending tests, take missing tests—or repeat outdated tests
- complete pending dental work and get an oral health clearance
- stay healthy and maintain/reach an acceptable weight
- recover from an active infection or medical condition
- show-up (or complete) all prescribed dialysis treatments

## Additional requirements can also include:

- update your insurance coverage, 24/7 contact information, and med list
- confirm that you'll have "round the clock" caregiver support (post-transplant)
- arrange transportation for day of surgery and all follow-up appointments
- confirm you'll be able to take time-off work (if/when applicable)
- secure a plan for lodging (if you live a distance from the center)

## Once Active, Not Always Active. Keep Yourself Healthy!

- stay physically active (the level of activity advised by your healthcare team)
- follow a healthy diet, maintain a healthy weight to support labs
- take prescribed meds as directed, report side effects, and discuss concerns
- consider mindful meditation to support good habits and a positive attitude
- consider working with a mentor for encouragement. ([www.kidney.org/peers](http://www.kidney.org/peers))

## Attempt To Shorten Your Wait —Talk-Up Your Living Donor Search

Kidneys from living donors offer better transplant outcomes. Living donors can also shorten your wait for your transplant. That's why it's important to share your story to let people know about your hope for finding a living kidney donor who can end your wait (or need for dialysis).

When your friends, family and social connections are unaware of your situation, they'll never be able to imagine how they can help you. *Talk-Up* your situation to inspire living donor opportunities.

Want to *Talk-Up* your story with more confidence and ease? Watch the Donor-Seeker Program's 15-minute video series (offered in English & Spanish) at this link: [UCD Donor Seeker Program - TransplantStrong](#)

## ***Success Starts with you!***

*Whether you were initially listed as "active" or "inactive," learn as much as you can and ask your transplant coordinator about your status so you can be sure that you are doing all that you can to stay (or become) active on the list.*

*[Click here](#) to visit our [kidney education page](#) to review our kidney transplant education and living donor social media video examples.*

*Remember, you play an important role in your success. Be your own best advocate—and stay actively engaged so you'll always be "Transplant-Ready" as opportunities come your way.*

