



PREPARING FOR YOUR TRANSPLANT EVALUATION

A list of things dialysis patients can do to help them have a successful transplant evaluation.

1. Don't miss any treatments.
2. Don't sign off any treatments early without your doctors consent.
3. Go to all of your doctor's appointments.
4. If you have diabetes-get your blood sugars under control with the help of your doctor. Ask your doctor if you should see an endocrinologist.
5. Take your medications as prescribed. Don't manage your medications on your own. Ask your doctor before starting and stopping medications.
6. Stop use of all tobacco products (chewing, smoking and vaping).
7. Actively take part in your health care.
8. Mammograms for women over 40 and pap smears are required for all women. Go ahead and get them updated.
9. Colonoscopies are required for anyone over 45; talk to your doctor about getting yours scheduled.

These are just a few of the things you can do to help you get on the waitlist. Come prepared for your evaluation. Fill out all the paperwork. Your UAMS kidney transplant team looks forward to assisting you.

UAMS KIDNEY/LIVER TRANSPLANT - TRANSPLANT TIPS



Beginning Your Transplant

- The UAMS Transplant Center will review your referral. If you qualify for transplant, the UAMS Transplant Center will call to schedule the first step in your transplant, which is an education session. If you do not hear from UAMS within three weeks, please call us at 501-526-6935 or 501-686-6640.
- Please answer your phone, even if it's a number you don't know.
- Make sure your voicemail is set up and working properly and listen to your voicemail messages.
- If you do not call the schedulers back after three missed calls or you miss or cancel three appointments, your referral will be closed. You will have to wait before you can be referred to UAMS for a transplant again.
- You will need a non-paid caregiver to be come with you for your education appointment your evaluation appointment and to help care for you for four to six weeks after your transplant.
- Bring your completed medical questionnaire to your education session.

Helpful Insurance Tips for Your Transplant Journey

- Talk to your transplant financial coordinator about your transplant insurance coverage and any financial issues.
- Do NOT change or drop your health insurance coverage without first talking with your transplant financial coordinator.
- Let your UAMS financial counselor know right away if you have any changes in your health insurance coverage or financial situation.
- If you change your health insurance, make sure your transplant coverage does not change.

Your transplant may be delayed, or insurance may not pay for your transplant if you do not tell the transplant team about changes in your health insurance or financial status.

Once you are assigned a transplant coordinator, make sure you know their name and phone number so you can call them if you have any questions.

Your UAMS transplant team looks forward to helping you on a successful transplant journey.