

1

What is the goal of transplant evaluation?

How long does evaluation take?

2

Am I eligible to be a transplant patient at UCLA?

How can I be an informed and empowered patient?

3

What do I need to do to be empowered and ready for Evaluation Day at the Connie Frank Kidney Transplant Center?

What should I do the morning before the appointment?

What do I need to bring to the appointment?

4

What can I do while I wait for my evaluation day?

Being ready for kidney transplant evaluation



Transplant evaluation is the first step in your journey and there are several actions you can take to be ready.

What is the goal of transplant evaluation?

The evaluation process is how your care team will make sure that you are

healthy enough to go through a major surgery and that the transplant will help and not harm you. During the evaluation, the transplant team will assess you physically, mentally, and financially to make sure that transplant is the right option for you. They will determine:

- If you are eligible for kidney transplant.
- If kidney transplant is a safe treatment option for you.
- If you will have a good outcome after transplant.
- If you will take good care of yourself and your new kidney after transplant.

How long does evaluation take?

The evaluation can take as little as 1-2 months, or up to a year, depending on your health and how quickly you are able to schedule all tests. As part of this process, you will have the opportunity to schedule an evaluation at the Connie Frank Kidney Transplant Center. You will also receive educational video materials to review.

Am I eligible to be a transplant patient at UCLA?

Eligibility for transplant at UCLA is non-discriminatory and is determined without regard for age, race, ethnicity or creed. For most patients, transplant is considered when it can improve their life expectancy and quality of life.

You may be eligible for transplant if:

- You have Chronic Kidney Disease (CKD) stage 4 or greater with a GFR of less than 20 mL/min/1.73m.
 - » Glomerular filtration rate (GFR) is how doctors check how well your kidneys are working. If your GFR is low, that means your kidneys aren't working well.
- You have End Stage Renal Disease and are currently on dialysis.
- You have no significant other health problems that would preclude a satisfactory surgical outcome.

There are a few things that will prevent you from being a kidney transplant candidate.

These can include:

- Recent cancer, or cancer that has spread
- Active infection or an open wound
- Use of supplemental oxygen
- Advanced heart disease
- Serious mental health issues that make you unstable
- Not having a support system of friends or family to help you
- Frailty that makes it hard for you to do daily life activities (e.g. bathing, getting dressed)

How can I be an informed and empowered patient?

1. Bring all completed paperwork and your caregiver with you to the evaluation appointment. Allot extra time for parking and navigating to the transplant center. Review map provided. Bring money for parking.
2. Know the name and contact info for all members of your care team.
3. Review all education provided to you through CareConnect prior to appointment and create a list of questions to bring with you.
4. Communicate proactively with your care team about any changes in your health or changes to your caregiver plan.
5. After attending evaluation day, think about all your treatment options and consider whether transplant is still the best choice for you.
6. Know what to do after evaluation and listing to stay active on the waitlist and to be empowered and in charge of your health.
7. Eat healthy and follow all recommendations from your team.
8. Make a financial plan for transplant.

TIP Be your own advocate!

1. The sooner you complete your testing, the sooner we may be able to determine your transplant candidacy and place you on the Waiting List.
2. Call your Transplant Nurse Coordinator to ensure that they have received all of your required tests.

What do I need to do to be empowered and ready for evaluation day at the Connie Frank Kidney Transplant Center?

Make sure to complete and bring with you any necessary paperwork. On evaluation day, you must arrive 15 minutes prior to your scheduled appointment time. Plan on being at UCLA for the entire day.

You will go to:

Connie Frank Kidney Transplant Center

200 Medical Plaza, Suite 565, Fifth Floor
Los Angeles, CA 90024
See page 4 for a map.

What should I do the morning before the appointment?

You should eat breakfast and take any prescribed meds that you regularly take before coming for your appointment. If you take a blood pressure medication, it is especially important to take it before your appointment. If your blood pressure is too high you may not be able to complete your evaluation on your scheduled day.

IMPORTANT

It is also vital that you bring a caregiver to your evaluation appointment. This is a requirement to complete evaluation. A caregiver will provide 24-hour care for you for several weeks after the transplant surgery. Examples of typical caregivers are spouses, adult children, or siblings.

What do I need to bring to the appointment?

Be sure to bring any requested completed paperwork. This includes:

- Doctors List.** List of all the doctors you are currently seeing or have seen within the last year. Provide their name, address, phone number, and fax number.

TIP Be sure to include the contact information for your Primary Care Physician, your Nephrologist (kidney doctor), and your Cardiologist (heart doctor).

- Your completed New Patient Questionnaire
- Meds List
- Any blood pressure and diabetes meds
- Your completed UNOS Intake Sheet
- Money for parking:** \$14 per day, and less if you have a handicap sticker

Please, do not bring small children to your appointment.

What can I do while I wait for my evaluation day?

There are a few key things you can do now to help you be in the best place possible when it comes time for your evaluation appointment.

- Stay in contact with your transplant care team. This will be important from now on.
- Know the name and contact info for all members of your care team.
- Stay physically active and make smart nutritional choices leading up to your appointment.

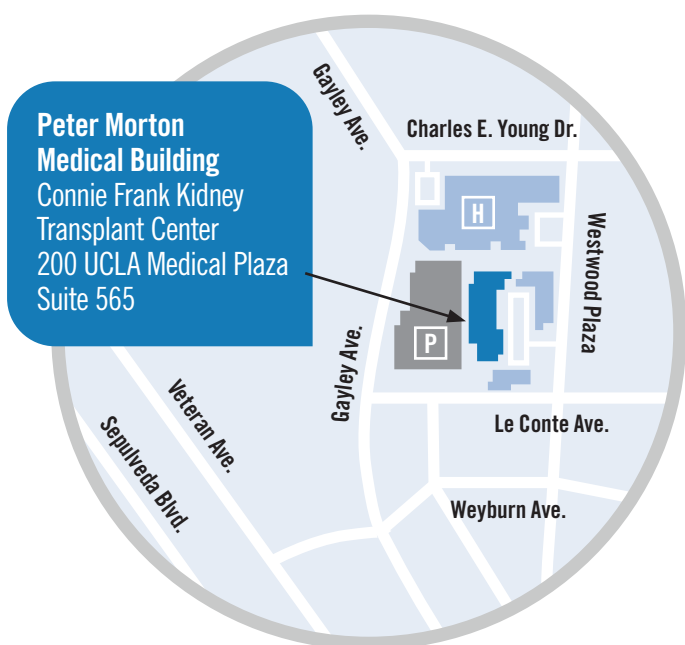
Keep these key numbers handy:

**UCLA kidney transplant
24-hour emergency number:**

310-267-2555

Clinic/follow-up appointments:

310-267-2555



Use this checklist to help you make sure that you have completed all necessary steps before evaluation:

- Complete any required paperwork prior to the appointment and bring it with you.
- Figure out who your support person or caregiver will be and make sure that they are ready to attend evaluation day with you. They will need to attend most future appointments as well.
- Be familiar with where you need to go to attend your eval appointment, and allot extra time for parking and navigating to the transplant center. Review the map provided.
- Get set up with myUCLAhealth by going to my.uclahealth.org/MyChart/digidaccesscheck.asp and following the prompts. You will receive educational materials and messages from your care team through your **myUCLAhealth** account.
- Review all education provided to you through **myUCLAHealth** prior to your appointment and create a list of questions about anything that you are confused about to bring with you.