

# HOW TO PREPARE FOR YOUR Kidney Transplant Evaluation Appointment

## PENN TRANSPLANT INSTITUTE

Kidney transplantation begins with an evaluation appointment that includes conversations with a transplant nephrologist, a transplant nurse coordinator, a transplant dietitian, a transplant social worker, and a transplant pharmacist. To help you prepare for your meeting with the kidney transplant team, here are some sample questions that each kidney transplant team member will ask.



### TRANSPLANT NEPHROLOGIST:

- What was the cause of your kidney disease?
- What other medical conditions have you had in the past?
- Which doctors do you see for these conditions?
- Have you had any surgeries?
- What are the doses of all of the medications you are currently taking?

### TRANSPLANT NURSE COORDINATOR:

- When was your most recent:
  - Cardiac testing
  - Colonoscopy
  - For women, PAP and mammogram
- Do you have anyone who might consider being evaluated as living kidney donor?
- Have you had an abdominal CT or MRI within the past 5 years? If yes, where?

### TRANSPLANT DIETITIAN:

- Are you following a special diet due to illness or for symptom management?
- Have you experienced a weight gain or loss? Was it intentional or unintentional? Over what time frame has your weight change occurred?
- Are you able to keep up with typical day-to-day activities including work, exercise, house chores and medical appointments?

### TRANSPLANT SOCIAL WORKER:

- Please name two available and involved people in your life who are considered part of your support team\*. For example:
  - Who will drive you back and forth to your post-transplant clinic appointments?
  - Who will be talking to the transplant team and helping you get your post-transplant medications?

*\*Please plan to bring one support person with you to the evaluation appointment.*

- What insurance do you have and are you are receiving any grants from any organizations such as the American Kidney Foundation?
- Medicare insurance coverage will end 3 years after your transplant. Do you plan to return to work after you receive your transplant?

### TRANSPLANT PHARMACIST:

- Do you carry a medication list? How and where do you keep the list?
- How do you manage your current medications? Do you use a pillbox?
- How do you remember to take medications at the prescribed time? Do you use medication reminder tools, such as phone apps or phone alarms? Any other tools you use as reminders?
- How do you remember to take medications if you are out of the house at the scheduled time of the medication?
- How would you handle a situation if a doctor prescribed a medication that you were concerned about continuing? Reasons for concern may include cost, side effects, or lack of health benefit.