

Waiting for a Transplant

How to be ready when the call comes

If you're on the transplant list, your status is either **active** or **on hold**

- *Active* means you are ready to be transplanted
- *On hold* means that issues need to be resolved before you can be ready
- You can go back to *active* status when issues are resolved
- When you are *on hold*, you still gain time on the list
- You are responsible for informing the transplant center about issues that affect your status
- The transplant center also reviews records from your dialysis center and your doctors
- The transplant center will send you a letter if your status changes with the reason why

Some issues that could put you **on hold**

- A change in your health, such as an infection, a new illness, a surgery
- If you aren't following your treatment plan
- Drug or alcohol abuse
- Not updating tests as required by your transplant center
- Needing to lose weight

Stay in touch! Let the transplant center know—



- If you move
- If your home, work, or cell phone number changes
- If you go out of town on a trip
- If there are changes in your insurance

Tips for staying **active** on the list

- Take your medications, eat well, and exercise to be as healthy as possible
- Don't miss dialysis treatments or cut them short
- Avoid infection on hemodialysis by dialyzing with a fistula rather than an IJ catheter
- Avoid infection on PD by doing your exchanges carefully
- Keep on top of what tests you need to repeat each year

Waiting is hard

- **Try not to live in the future**—live for today, doing the things you enjoy and that give your life purpose
- Focus on the **positive**, on what you can do **now** to be healthy and active