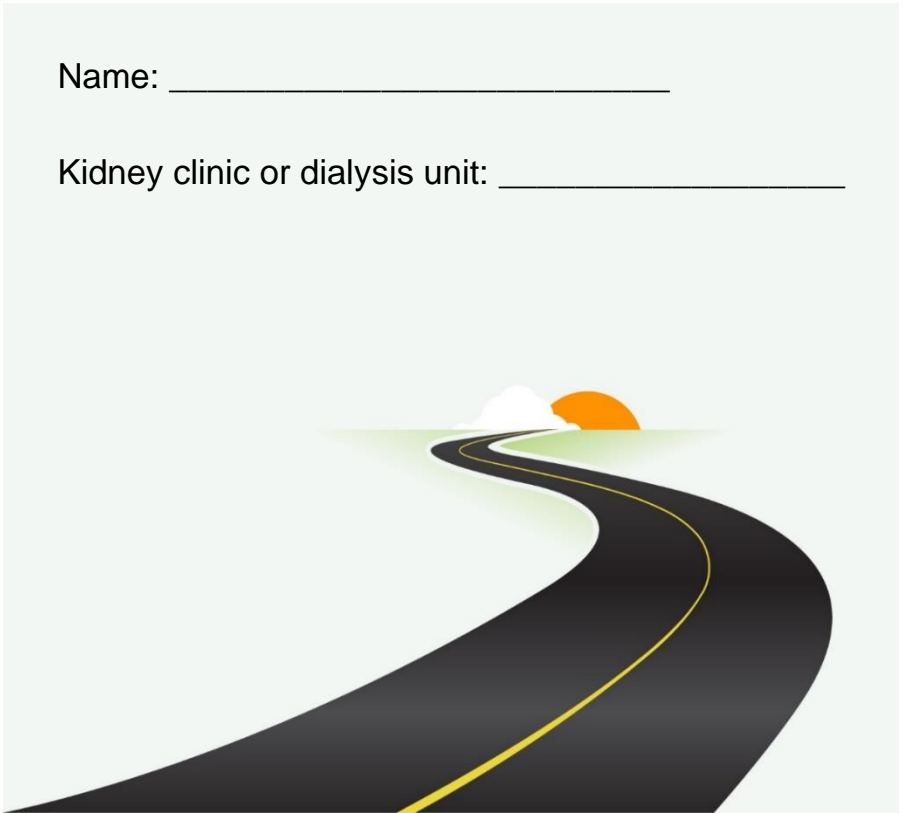


Passport to transplant

Information for patients and families

Name: _____

Kidney clinic or dialysis unit: _____



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Bring this passport with you to each transplant appointment. This will show them your progress in the transplant work up journey.

Welcome to the St. Michael's Kidney Transplant Program!

We look forward to working with you. Use this passport to keep track of each step in this journey as we find out if having a kidney transplant is a good treatment option for you.

The transplant team is here to guide and support you through this process. Remember you are the most important part of the team. If you have questions or concerns at any time, do not hesitate to contact us.

61 Queen Street East, 8th Floor
Toronto ON M5C 2T2
Phone: 416-867-3665 ext. 3

Transplant team

Administrative assistant

Name: _____

Phone: _____

Email: _____

Transplant (nurse) coordinator

Name: _____

Phone: _____

Email: _____

Social worker

Name: _____

Phone: _____

Nephrologist (kidney transplant specialist)

Name: _____

Phone: _____

Urologist (kidney surgeon)

Name: _____

Phone: _____

Primary care provider / family doctor

Name: _____

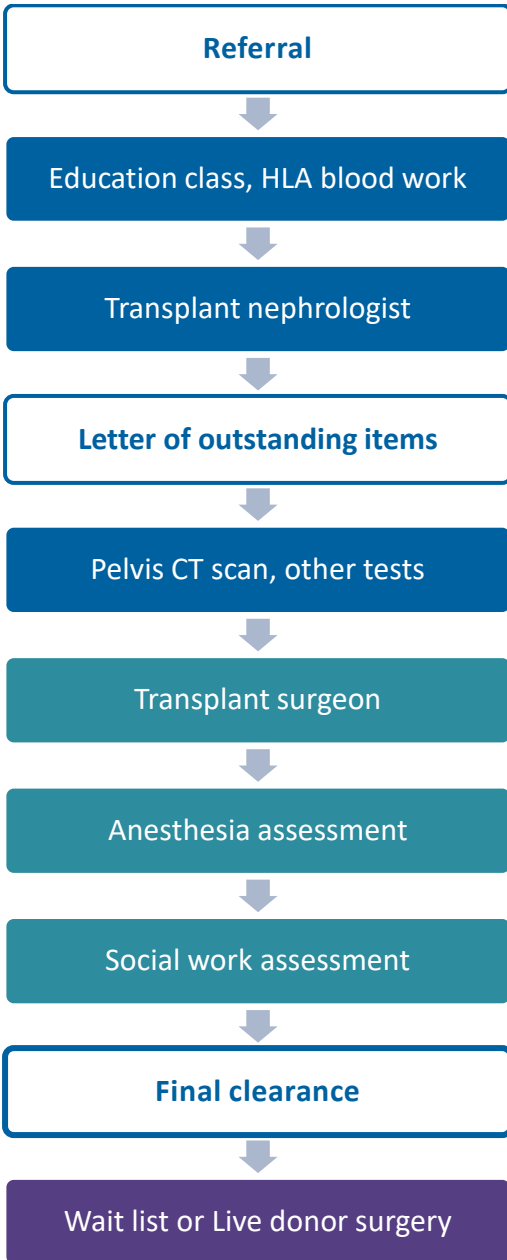
Phone: _____

Peer support programs can connect you with people who have similar health experience as you. You can talk with them to learn what to expect as you are considering having a kidney transplant.

For information about peer support, visit:

- Kidney Foundation of Canada
kidney.ca/peer-support
- Transplant Ambassador Program
transplantambassadors.ca

Transplant workup flow chart



Patients with a living donor who are cleared for transplant will receive a call from the nurse coordinator.

Patients on the deceased donor wait list will receive a listing letter.

You will need to repeat tests every 2 to 3 years while in work-up or on the wait list.

Appointment and tests checklist

We have a long waiting list for appointments. If you cannot come to an appointment, please call to reschedule as soon as you can.

First meeting and tests

Appointment or test	Location	Date, time	Done?
Pre-transplant education class	61 Queen St. East, 8 th floor		<input type="checkbox"/>
HLA blood work	61 Queen St. East, ground floor blood lab		<input type="checkbox"/>
Nephrologist (kidney transplant doctor)	61 Queen St. East, 9th floor		<input type="checkbox"/>

We will send you a letter with other tests to complete:

Test	Location	Date, time	Done?
Pelvis CT scan (non-contrast)	St. Michael's Hospital Medical Imaging, Main building, Cardinal Carter South Wing, 3 rd floor		<input type="checkbox"/>

Test	Location	Date, time	Done?
			<input type="checkbox"/>
			<input type="checkbox"/>

Assessments and meetings

Appointment	Location	Date, time	Done?
Urologist (transplant surgeon)	61 Queen St. East, 9th floor or St. Michael's Hospital Cystoscopy Suite, Cardinal Carter North Wing, 5 th floor		<input type="checkbox"/>
Anesthesio- logist	St. Michael's Hospital Pre-Admission Facility, main building, Donnelly Wing, 10 th floor		<input type="checkbox"/>
Social work assessment	By phone or video call, or in-person at 61 Queen St. East, 8 th floor		<input type="checkbox"/>

Final clearance

Nephrologist to review consult notes and tests to decide if you are clear to go for transplant.

If you are cleared for transplant, you will receive an official listing letter from us.

Some tests may need to be repeated every 2 to 3 years, or as needed, to ensure we have your updated health status.

Appointment	Location	Date, time	Done?
For patients on the wait list: Group class	Virtual		<input type="checkbox"/>
For patients with a living donor, once transplant surgery is booked: Pre-surgery appointment with nurse coordinator	61 Queen St. East, 8 th floor		<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

Wait time

Your wait time starts from the first day you began dialysis.

My dialysis start date: _____

My blood type: _____

My PRA (%): _____

I am accepting an Extended Criteria Donor (ECD or 'older') kidney: Yes No

My estimated wait time for a kidney is: _____

Estimated wait times for a deceased donor kidney in Toronto (in 2018):

Blood group	For standard kidney	For "older" kidney
A	2 to 5 years	1 to 3 years
B	6 to 8 years	4 to 6 years
AB	2 to 5 years	2 to 3 years
O	5 to 7 years	3 to 5 years

Remember: These are only estimates. The actual time you have to wait could be longer or shorter. These estimates do not apply if your PRA is 100%.

Where am I in the process?

If you believe you have completed all required tests and appointments, and have not heard from us, call or email us. We are happy to give you an update of your work up status.

What about living donor transplant?

If you have a living donor, on average, you are likely to receive your transplant sooner. A kidney transplant from a living donor usually lasts longer. We can plan ahead for the surgery, so you and your donor can have time to prepare.

Talk to people around you to let them know about living donation. If you want guidance on how to talk to people around you about this topic, you can talk to someone from the peer support programs.

Did you know? If someone wants to donate to you but has a different blood group, they can still contact the live donor office. There are options to donate, such as:

- Direct donation
- Kidney paired exchange program (KPD)
- ABO-incompatible donation
- List exchange

Anyone who is interested in being a living donor can contact:

Live Donor Office
61 Queen Street East, 8th floor,
Toronto, ON M5C 2T2
Tel: 416-867-3665, ext. 5
Website: **kidney.to**

Planning

Finances

- My medication coverage plan: _____
(You will need to take transplant medications for as long as you have your kidney transplant)

- While I am off work, I will cover basic living expenses using:
 - Short-term disability insurance through my workplace
 - Employment insurance (EI) sickness benefits
 - Other: _____

Transportation and life:

My transportation plan for getting to the transplant clinic for appointment and going to the blood lab for frequent blood work:

ODSP medical transportation

Family member or friend who will drive me

Public transit

Other: _____

I have talked to these people about helping me at home while I am admitted to the hospital and after surgery (for example with child care, groceries):

Name: _____

Name: _____

Name: _____

For more information from our Kidney and Metabolism Program, see our website: **kidney.to**

Unity Health Toronto cares about your health. For health information you can trust, visit us online at **unityhealth.to/learn**.

This information does not replace the advice you receive from your health care provider. If you have questions, ask your health care team.