

Kidney transplantation

My transplant passport

Name:

NHS number:



Everyone needs tests to see if they can have a transplant, this is called transplant work up. This booklet is to help you keep track of your transplant work up. Bring it with you to your clinic appointments and please ask us if you have any questions.

Patient information

My transplant team

Nephrologist

This is the kidney doctor who oversees your kidney care

Pre transplant nurse managers

These are the nurses who organise your transplant work up and who you can contact if you have questions.



Sally Chapman 01273 067569

Noelle Hartly 01273 067569

Email: uhsussex.brightonrenaltransplant-workup@nhs.net

Pre transplant administrator

Michaela Alkarimeh 01273 067569

Post transplant nursing team

This is the nursing team who will look after you when you have had a transplant.

Paul Hitchcock 01273 067529

Adreen Rivers-Allen 01273 067529

Veronica Grecu 01273 067529

Email: uhsussex.renal.post-transplant.nurses@nhs.net

Renal outpatient department

Appointments 01273 067624

Nurses 01273 664559

Transplant Centre

(This is where you will have your transplant): Guys / St Georges.

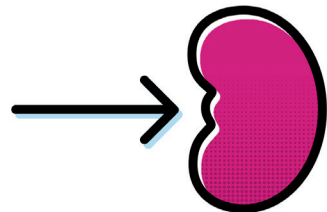
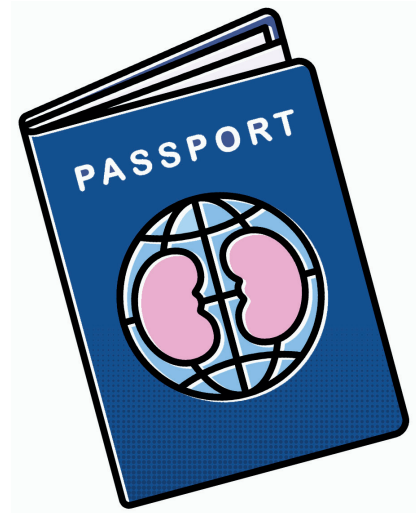
Useful information websites:

[http://www.nhsbt.nhs.uk/
organ-transplantation](http://www.nhsbt.nhs.uk/organ-transplantation)

<https://www.kidneycareuk.org>

<https://www.odt.nhs.uk/>

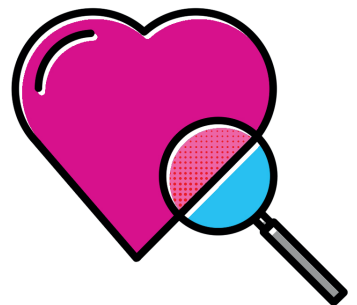
<https://patientsknowbest.com/renal>



What you need before you go on the transplant list

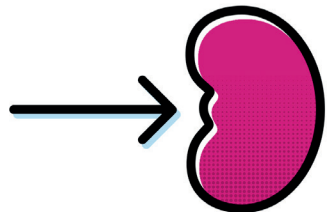
Meet the transplant nurse

	Done	Date
Transplant information appointment		
Transplant information booklet given		
Living donation booklet given		



Blood tests

Test	Request date	Completion date
Blood group (so that a kidney can be matched to you)		
HLA Typing and antibodies 1 (so that a kidney can be matched to you)		
HLA typing and antibodies 2 (confirm the results of the first test)		CRF - Match points -
Transplant virology (to make sure there are no viruses in the blood that need treatment before or after the transplant)		
Others:		



Heart tests

Heart tests are needed before you have a transplant to make sure your heart is healthy enough to have the operation. Sometimes, after these tests, people need more tests or to see a heart doctor (cardiologist).

Test	Request date	Completion date
ECG (trace of your heart rhythm)		
Echocardiogram (heart scan to make sure your heart looks normal)		
Myocardial perfusion scan (stress test to make sure the blood supply to your heart is normal)		
Exercise Tolerance Test (stress test to make sure the blood supply to your heart is normal)		

Heart tests only required for some people

Test	Request date	Completion date
Coronary angiogram (to look at your heart vessels more closely)		
Cardiac MRI (more detailed scan of your heart)		
Cardiology review (a heart doctor review)		

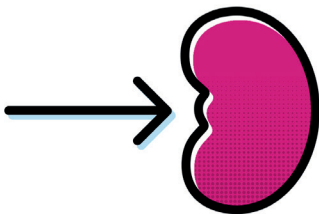
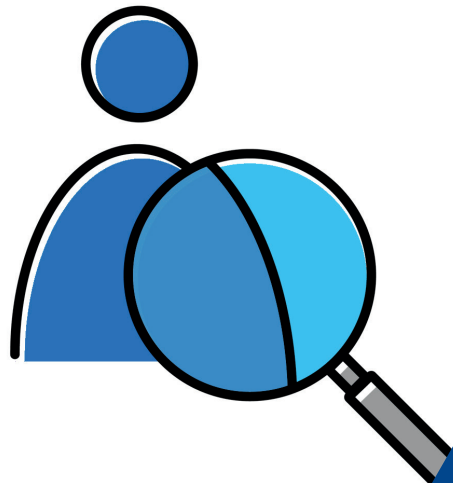
Imaging

Before you have a transplant some scans are needed to help us make sure you are well enough to have a transplant and to allow the surgeon to plan the surgery.

Test	Request date	Completion date
Chest xray (to make sure your lungs are healthy)		
Scan of leg blood vessels (iliacs)		
Scan of neck blood vessels (carotids)		
Scan of your kidneys		
CT Abdomen and pelvis (more detailed scan of the blood vessels in your legs).		

Specialist reviews

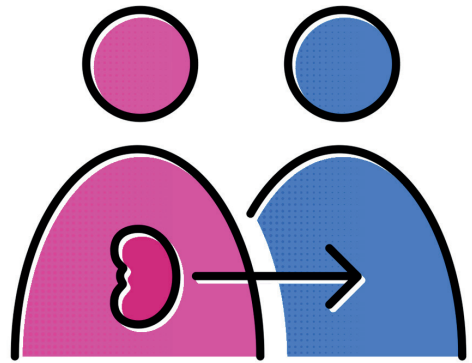
If you have other medical problems besides your kidney problems you may need to see other specialist doctors before you have a transplant. This is to make sure that you are in the best health before a transplant and helps us to plan how to best look after you after you have had a transplant.



Review	Request date	Completion date
Urology		
Respiratory		
Oncology		
Dermatology		

National cancer screening

When you have a transplant you will take tablets to help your body accept the transplanted kidney. These tablets are called immunosuppressants. This medication can increase the chances of you developing cancer so we recommend you that you participate with national screening.



	Date	Result
Cervical screening		
Mammogram		
Bowel cancer screening		

Missed appointments/cancellations

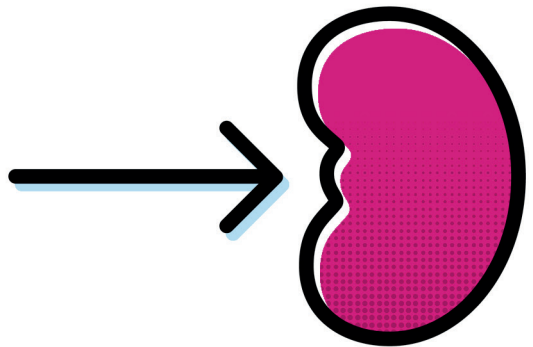
We understand that sometimes it can be difficult to go to appointments. If you cannot make an appointment, please let the department where the test is taking place know.

Also please let Michaela Alkarimeh know that you cannot make the appointment. Missed appointments will mean it takes longer to finish your transplant work up.

Meeting the transplant surgeon

When your testing is complete you will meet a transplant surgeon. The surgeon will assess you and your test results and will decide if you are ready to have a transplant. If the transplant surgeon is satisfied that you are ready to have a transplant, you will be put on the transplant list (activated).

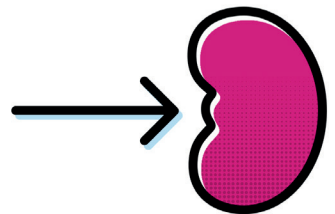
Date of referral	Date of appointment	



Activation on the transplant list

Remember:

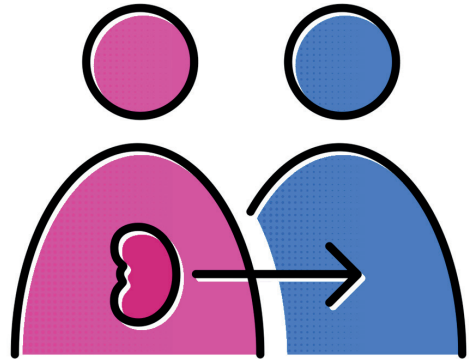
- You can be called at any time day or night so make sure you answer your phone!
- Have a plan for getting to London when you are called.
- Tell us about holidays or if you are unwell- you may need to be suspended (put on hold) from the transplant list.
- Tell us if any of your contact numbers change so we can let the transplant centre know.



What about if I have a living donor?

Anybody interested in donating a kidney to you should make contact with the Pre Transplant Nurse Managers on **01273 067478** or email: uhsussex.brightonrenaltransplant-workup@nhs.net

If you have someone being assessed as a living donor you can be activated on the waiting list until they are finished their assessment. Assessing a living donor usually takes 4-6 months.



Questions?



Supporting Kidney Patients in Sussex

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**This leaflet is intended for patients receiving care
in Brighton & Hove or Haywards Heath**

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