



# KIDNEY TRANSPLANT PROGRAM

Dear Patient:

The following information will help you prepare for your kidney transplant evaluation appointment at the Penn Transplant Institute located at the **Ruth and Raymond Perelman Center for Advanced Medicine, 2nd Floor, West Pavilion**. Your visit will last four to six hours. We kindly ask you to arrive promptly. You will find several pages attached with important information, and we encourage you to read it and contact us if you have any questions at the number below.

The evaluation day is designed to provide both a medical evaluation and an opportunity to learn about transplantation as a treatment option. You will meet members of the transplant team. In addition, we may schedule you for some tests during your time here.

We strongly urge you to bring someone with you, like a family member, significant other or friend. We share a lot of information with you on evaluation day and our patients find it very helpful to have another person with them.

## **Please bring the following items with you:**

- » **Photo ID and verification of insurance**
- » **All referrals or pre-authorizations required by your insurance carrier**
- » **Current medication list**
- » **Lunch or snack**
- » **Any medications you may need to take during the hours of your scheduled visit**

If you are unable to keep your appointment, please contact us at **215.662.6200**. We look forward to meeting you.

Sincerely,

**The Penn Kidney Transplant Team**

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**The following areas of information are important to understand before your visit:**

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## **The living donor option and paired exchange options in kidney transplantation**

The benefits of a living donor kidney are important for all patients seeking a kidney transplant to understand. These benefits include:

- » **Kidneys from living donors generally last longer than those from deceased donors, leading to the best outcomes.**
- » **Normal waiting time for a kidney is reduced.**
- » **Time on dialysis is limited, or even avoided.**
- » **Surgery can be scheduled at a convenient time for donor and recipient.**

We invite you to bring up to three potential donors to your evaluation appointment and they can participate in an education session. We also have included a living donor referral form that can be faxed to us at **215.615.3814** or sent in the envelope provided.

We have included a fact sheet on paired kidney exchange, another alternative in living donation.

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## **Insurance**

Call your insurance company directly to see if you require a referral from your primary physician before you see us. If you do, you must have that referral at the time of your visit. Otherwise, you will be personally responsible for the bills.

If we can help answer any questions, contact the transplant financial coordinator at **215.662.7329**.

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## **Medical records and tests required to complete a kidney transplant evaluation**

We want to understand your current medical condition so we need medical records and tests so we can get a better picture.

Some of these records and tests have already been completed by your local doctors. So it would be helpful to have copies before you visit us. If we cannot obtain them, please keep your appointment and we will gather them at a later date.



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## Here is a list of the items we will need:

- » History and physical from your nephrologist and/or primary care provider
- » Recent blood test (if done in the last 3 months)
- » Reports from any other specialists you see (like cardiologists or oncologists)
- » Your blood type, called ABO
- » Chest X-ray (if done within the last year)
- » Other blood tests including: Hepatitis B & C profiles, HIV and RPR testing if available
- » If on dialysis, nutritional and social work assessments
- » If you have an advanced directive, bring a copy
- » Any other testing (like X-rays, ultrasounds or cardiac studies) that your physician feels is important for us to have.

## Some other tests we will request:

- » For males over the age of 50:  
**Prostate Specific Antigen (PSA)**
- » For females:  
**Pap smear**  
**Mammogram (over the age of 40)**
- » All candidates over age 50, on dialysis longer than 2 years or who have diabetes:  
**Nuclear stress test**
- » All candidates over age 50:  
**Screening colonoscopy**



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## You or your physician's office can fax or send any reports to:

Perelman Center for Advanced Medicine  
Att: Penn Transplant Kidney Program  
3400 Civic Center Boulevard, West Pavilion, 2nd Floor  
Philadelphia, PA 19104  
Fax: 215.349.5069

## Some information about blood type (ABO & Rh)

As you will learn during your kidney transplant evaluation, blood type is something very important for us to record accurately.

The organization that regulates transplant for the federal government asks for two different ABO tests before anyone can be listed for a kidney transplant.

We will do one of these ABO tests on the day of your evaluation. But since we need two of these, you can have your local doctor do the ABO test and bring us the results when you visit us. Or, you can have an ABO test after your evaluation. If you have it done after, you will have to have the ABO test and the results faxed to us quickly so there won't be any delay in listing you for a transplant.

Again, if you have any questions after you have read the enclosed pages, please call us at **215.662.6200**.