



Stay healthy while you wait for a kidney transplant

It may take up to five years to receive a transplant without a living donor. It's important to stay your healthiest while you wait to get a transplant. Going into surgery as healthy as possible can help with your recovery.



Your transplant team will monitor your health while you wait for your new kidney. Here's how to stay your healthiest:

- Update your care team on any health updates.
- Complete dialysis treatments as prescribed by your doctor.
- Take all medications as prescribed.
- Keep up with your vaccinations.
- Follow a healthy, kidney-friendly diet.
- Manage your fluids to help you avoid an increased risk of high blood pressure or hospitalization, which could affect your eligibility for a transplant.
- Follow your doctor's guidelines for exercise.
- Get support—reach out to family and friends and share what you're going through.



Consider home dialysis while you wait

You can start getting many of the benefits a transplant will provide with home dialysis. It is gentler on your body and closer to natural kidney function. If prescribed more frequently, it reduces toxin buildup in your body between treatments, may provide better outcomes, may reduce stress on your heart, and may help you stay your healthiest for transplantation.



SET YOURSELF UP FOR TRANSPLANT SUCCESS

Talk to your social worker to learn more about staying healthy for your kidney transplant, including your home treatment options.