



# Kidney Q&A

0-3 months

Life Options Rehabilitation Program  
414 D'Onofrio Drive, Ste. 200  
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[www.lifeoptions.org](http://www.lifeoptions.org)

## Q: Who should I talk to if want a kidney transplant?

**A:** A kidney transplant is not a cure for kidney failure, but it can allow a more normal lifestyle and help you feel better. If you think you want a transplant, there are many people you should talk to:

- Your **nephrologist** or a nurse at your center can tell you what transplant programs are in your area and how they can help you.
- Your **local transplant coordinator** will look at your medical records, ask about your health history, and tell you what tests you will need.
- Your **health insurance company** can tell you if a transplant exam, surgery, and anti-rejection drugs are covered, and if they want you to go to a certain hospital.
- The **financial counselor** at the transplant program can tell you about payment and how much the drugs will cost.
- Your **social worker** can talk with you about how to approach your family or friends about the idea of giving a kidney, and how to cope while waiting for one.
- Your **family and friends** can be a source of support, and may be possible kidney donors for you.

### What I can do to get a kidney transplant:

- Learn about the steps for getting a transplant.
- Find out what transplant centers are in my area and if their rules or procedures differ.
- Ask about transplant cost and make a plan to pay for the drugs.
- Think through whether I want to approach someone I know to consider donating a kidney, and talk with my social worker about what to say.
- Visit module 2 of Kidney School™: *Treatment Options for Kidney Disease* at [www.kidneyschool.org](http://www.kidneyschool.org) to learn more.