

Pre-Transplant Checklist



Things to Consider

On this page you will find topics that the transplant Social Worker will ask you about in your assessment. We recommend that you think about these before your assessment, although you do not need to have an official plan yet.

Travel

- You will not be able to take public transit for 1 month post transplant (excluding HandyDART).
- How are you getting around Vancouver?
- How are you getting to the transplant centre?
- If you are receiving a deceased donor transplant, you will need to be in Vancouver within 12–24 hours.

Accommodation

- Do you have friends or family you can stay with?
- You will have to stay in the greater Vancouver area for up to 3 months.
- You will need to be able to go for regular tests and appointments at the transplant centre.
- Ask your social worker about resources for accommodations.

Support

- Who could stay with you after surgery? (This person cannot be the donor.)
- You must have full-time support for at least the first 2–4 weeks after surgery. (This can involve more than one person.)
- Does this person need to apply for Caregiver Employment Insurance?

- Does this person have any work benefits they can use?
- If you are receiving a deceased donor transplant, how quickly can your support person be available?

Other

- You will need to take time off work for recovery.
- Will you need to apply for Sickness Employment Insurance?
- We recommend you review who your substitute decision maker is prior to surgery.
- Do you have any concerns about paying for your housing costs while recovering?
- Do you or your support person have any child care needs during the recovery period?
- You will need recent dental assessment, ask your transplant team for more details.

Preparing for your Appointment

These are things you can do to help yourself prepare for your appointment.

Appointment

- Pre-transplant appointments are generally long days seeing multiple health professionals.
- We recommend that you bring someone else with you during the appointments.
- We recommend a way to take notes that works for you (notebook, notes app on phone/tablet, recording, etc.)

Questions

- Write a list of questions prior to your appointment.
- Write questions as they come up during your appointment.
- [Refer to this question sheet](#) to see if there is anything you would like to ask.

Information

- If you want information ahead of time, check out the kidney transplant resources on the BC Renal and BC Transplant websites.

Other

- You can use Kidney Foundation's peer connect program to hear from a transplant recipient or donor about their experience or tips.