



# Travel while on a transplant list

Fernando Macário  
Chief Medical Officer, Diaverum



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# Kidney transplantation

- Kidney transplantation (KTx) is usually considered the best Renal Replacement Therapy for those patients that are eligible
- When compared to dialysis modalities, KTx patients tend to present:
  - higher longevity
  - better quality of life
- KTx patients still have to take anti-rejection drugs throughout all “organ life”
- Waiting for a cadaveric kidney transplant doesn’t follow a predictable time frame; it depends on organ availability, immune compatibility and in some countries, other factors (age, time on dialysis)



# Stay healthy as much as possible while on dialysis, both mentally and physically

- Keep active
  - Being on dialysis can make you feel very tired
  - It's essential to be as fit as possible before your transplant
  - Moderate exercise can help boost your energy levels and will lower stress: walking, cycling, swimming, jogging or something else you prefer
  - Speak to your kidney care team about the right exercise plan for you
- Eat well and lose weight if you need to
- Stay positive and don't hesitate to seek support for you, your family or beloved ones
  - Waiting for a transplant is an emotional time, and depression and anxiety are common
  - Staying busy can help
  - You or your loved ones may wish to speak to a support group
  - Your kidney care team can put you in touch with local groups
- If you are a smoker, stop smoking





Don't put your life  
on hold because  
you are on dialysis

## Keeping the balance: Traveling vs. ‘Transplantation call readiness’

- ✓ You deserve a fulfilling life
- ✓ There is no need to defer all life plans
- ✓ Just because you have a chronic health problem, it doesn't mean you need to forego leisure and enjoyment in whatever big or small ways you can partake
- ✓ Traveling is possible with some precautions
- ✓ Be prepared for the day “the call” comes

- ✓ It is important to have a well defined travel plan and a backup plan in place to get to the transplant center safely and quickly
- ✓ Consider consulting a travel agent for long distance traveling
- ✓ Have a packing checklist prepared: all the clothing, supplies, medications and comforts of home that will be needed
- ✓ Discuss the travel plan with the transplantation team, your dialysis clinic and your caregivers
- ✓ Discuss important family matters such as health care proxy, living will and any other family plans or medical decisions that may need to be made during your recovery time