



## **A list of things dialysis patients can do to help them have a successful transplant evaluation.**

1. Don't miss any treatments.
2. Don't sign off any treatments early without your doctor's consent.
3. Go to all of your doctor's appointments.
4. If you have diabetes-get your blood sugars under control with the help of your doctor. Ask your doctor if you should see an endocrinologist.
5. Take your medications as prescribed. Don't manage your medications on your own. Ask your doctor before starting and stopping medications.
6. Consider stopping smoking/chewing.
7. Actively take part in your health care.
8. Mammograms for women over 40 and pap smears are required for all women. Go ahead and get them updated.
9. Colonoscopies are required for anyone over 45; talk to your doctor about getting yours scheduled.

**These are just a few of the things you can do to help you get on the waitlist. Come prepared for your evaluation. Fill out all the paperwork. Your UAMS kidney transplant team looks forward to assisting you.**

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