

## Your Referral to the Kidney Transplant Center at Trinity Health Grand Rapids: What's Next?

Welcome to Trinity Health! Your dialysis unit sent us a referral; now someone from our team will contact you in 2 to 3 weeks..



*Please prepare for this call by gathering:*

- Names and phone numbers of your primary care physician (PCP) and any other providers you see or have seen in the past
- Your past medical history
- Your updated medication list

Our goal is to help patients move through the evaluation process as quickly as possible. While you're waiting to hear from our office, you can work on your **health maintenance testing** (see back for list). We highly encourage you to call your PCP to check whether your health maintenance is up to date. Bring this flyer with you when visiting your primary doctor.

We regularly ask for updated records from your dialysis unit throughout the process, so being compliant with your plan of care is important.



**Your tests and requirements must be ordered through your primary care physician (PCP).**

If you do not have a PCP, work with your nephrologist to establish one or visit [TrinityHealthMichigan.org](http://TrinityHealthMichigan.org) to find a PCP.



*How you can also prepare:*

**QUIT ALL NICOTINE/TOBACCO USE** (smoking, vaping, chewing, patch, cigars, etc.)

In order to be eligible for transplant with our program, you must be nicotine-free for 6 months prior to being added to the waiting list.

## Questions?

If you have any questions or haven't heard from us within 3 weeks of your referral being processed, please call our referral coordinator at **616-685-6506**. We look forward to working with you!

## Men's Health Maintenance Testing

- **Colonoscopy** (45 years old and older) repeated as directed by your doctor
- **PSA blood test** (45 years old and older) repeated every year
- **Renal ultrasound** within the last 3 years
- **TB skin test** (if on dialysis) repeated every year
- **Low-dose CT scan of the lungs** for smokers or those who used to smoke (age 50+) and have a 20+ year pack history

### These Vaccines are Highly Recommended:

- **Flu** vaccine repeated every year
- **Pneumonia** vaccine repeated every 5 years (PCV 13 once; PSV23 twice, 5 years apart)
- **Hepatitis B** vaccination series
- **Shingles** vaccine (Shingrix two-part series)
- **COVID-19** vaccination and booster doses

## Women's Health Maintenance Testing

- **Colonoscopy** (45 years old and older) repeated as directed by your doctor
- **Mammogram** (40 years old and older) repeated every year
- **Manual breast exam** repeated every year
- **PAP smear** (if cervix still present) repeated every 3 years, or as insurance allows
- **Pelvic exam** (regardless if cervix still present) repeated every 2 years
- **Renal ultrasound** within the last 3 years
- **TB skin test** (if on dialysis) repeated every year
- **Low-dose CT scan of the lungs** for smokers or those who used to smoke (age 50+) and have a 20+ year pack history

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These tests do not have to be completed before coming in for a transplant evaluation, but the sooner these tests are completed, the faster you can move through the evaluation process.

**Have your doctor fax your testing results to 616-685-8979.**