When your kidneys are not working to keep you alive your treatment options are:

Peritoneal Dialysis

Peritoneal dialysis every night OR ...................... Bag change 4 times every day
Haemodialysis
Palliative Care
Kidney Transplant
A kidney transplant is not for everyone. Some people don’t want a transplant and are happy to stay on dialysis.

Some people are not suitable for kidney transplant because of other medical conditions such as heart problems, cancer, or ongoing infections.

Talk to the kidney doctor if you are interested in a kidney transplant.
Where do kidneys come from?
There are 2 ways to get a kidney transplant.

One is from a living kidney donor.
One is from a person who has just passed away.
A living kidney donor is a family member or a friend.
A live kidney donor is someone who is fit and well

No high blood pressure

No diabetes

No kidney sickness
If someone you know offers you one of their kidneys let the doctor or transplant nurse know.

They will need lots of blood tests and other medical tests to see if they can live well with one kidney.
The other way to get a kidney transplant is to get on the waiting list for a kidney from someone who has agreed to donate their kidney and has just passed away in hospital.
Before they died, that person, or their family, will have said they want to donate their kidney to help someone else.

That person, or their family, will need to sign a form to prove that they agreed to donate their kidney after they die.
To get a kidney from a deceased donor your name must be on the Active Kidney Transplant Waiting List.
To be on this list you need to look after yourself and have many tests.
Seeing the Kidney Doctor for check ups
Having regular dialysis

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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Staying healthy and strong

Taking your medications
Staying healthy and strong

Being active
Staying healthy and strong

Eating good food
Staying healthy and strong

Congress Health Clinic

Going to the health clinic
Having a pap smear if a woman

Alukura Women’s Health Clinic
Having a heart stress test
If diabetic looking after your diabetes
If you are on the active waiting list for a kidney, then we need to be able to contact you very quickly if a kidney becomes available to you. If you are visiting your homelands then you need to be able to get into town very quickly.

If you do get called for a kidney, you have less than 1 day to get to Adelaide and have the transplant operation. If the kidney doctor cannot contact you in time, or you cannot travel from your homelands to town immediately, then you may miss out, and the kidney may be given to someone else.
KIDNEY TRANSPLANT - INTRODUCTION

RESOURCE TOPICS:

THE WORK OF YOUR KIDNEYS
WHEN YOUR KIDNEYS GET SICK
LIVING WITH KIDNEY DISEASE
DIET AND KIDNEY DISEASE
TREATMENT OPTIONS & PATHWAYS
PERITONEAL DIALYSIS
HAEMODIALYSIS
FISTULA AND CATHETER
PALLIATIVE CARE FOR PEOPLE WITH SICK KIDNEYS
TRANSPLANT BOOKS 1 - 4

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