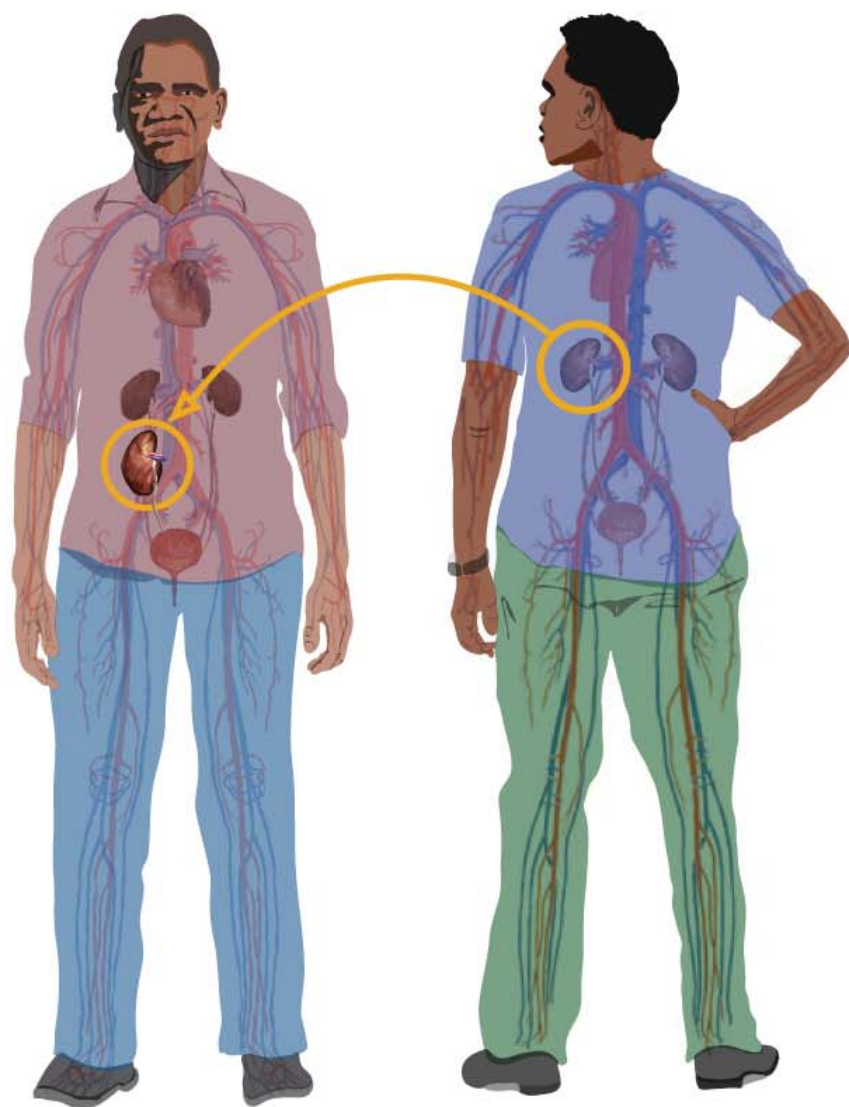


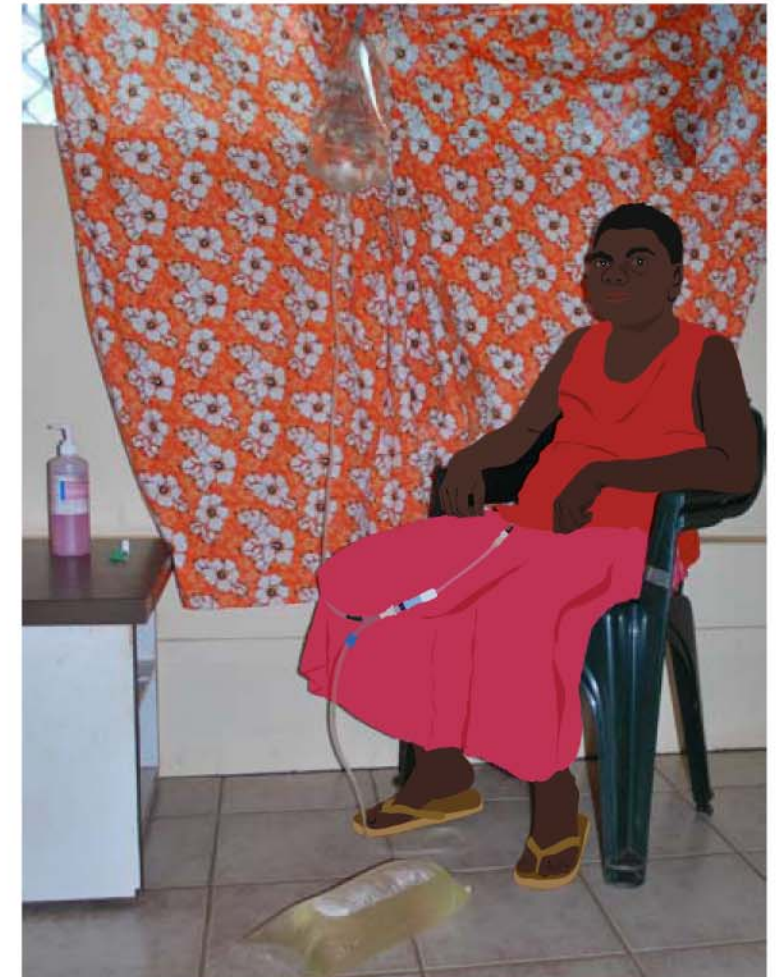
KIDNEY TRANSPLANT - INTRODUCTION



Central Australian Version

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

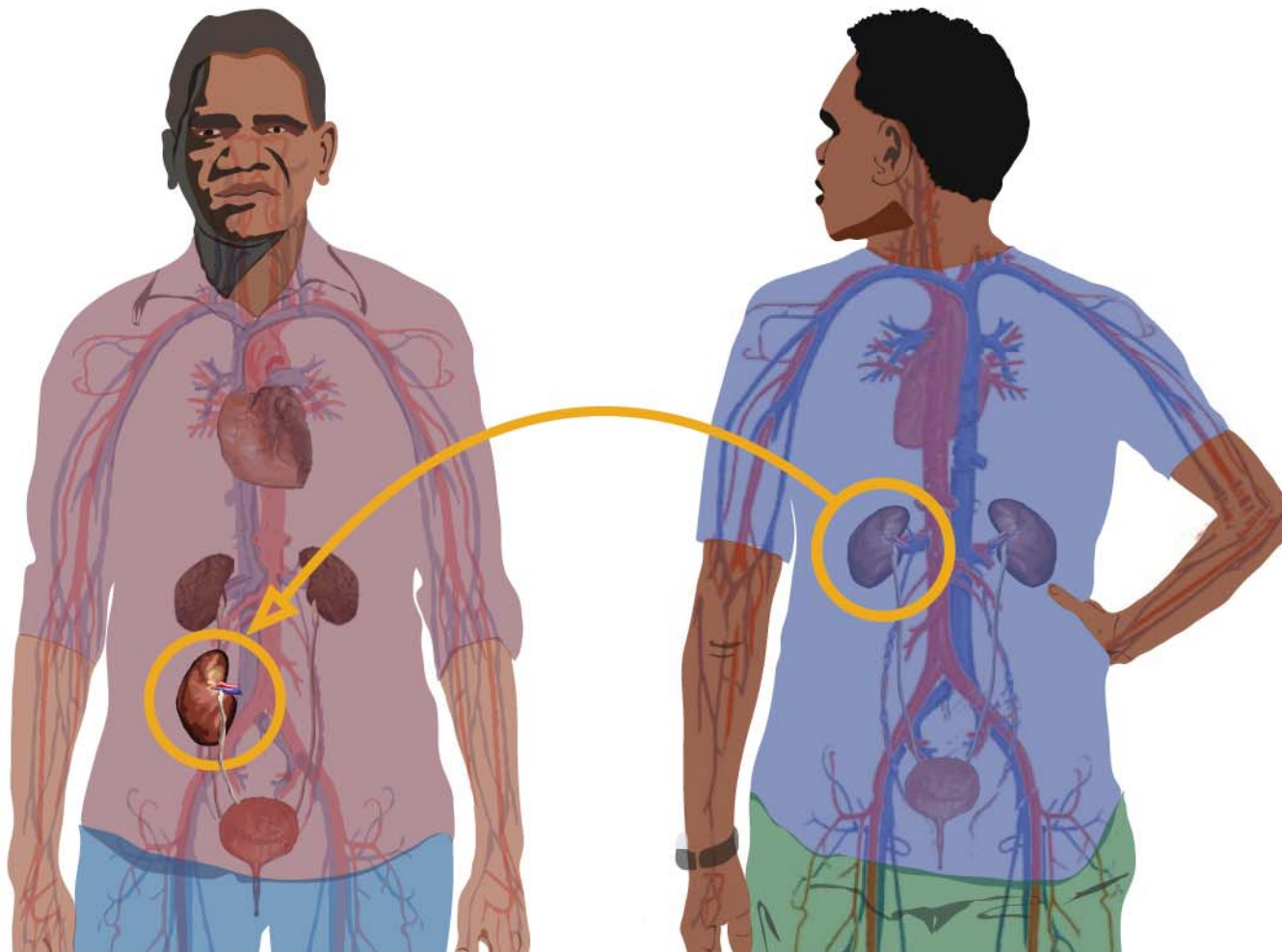
Haemodialysis



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.



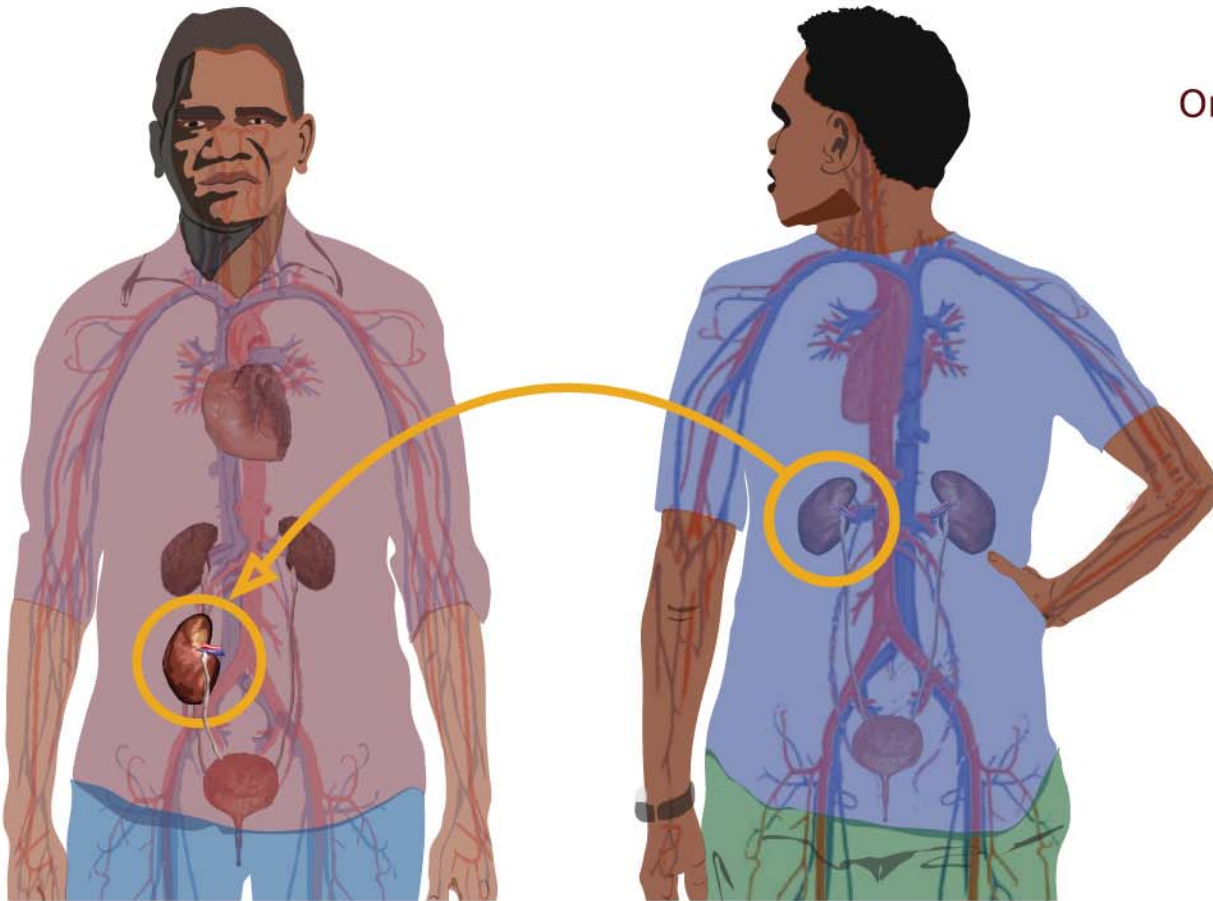
Some people are not suitable for kidney transplant because of other medical conditions such as heart problems, cancer, or ongoing infections.

Talk to the kidney doctor if you are interested in a kidney transplant.

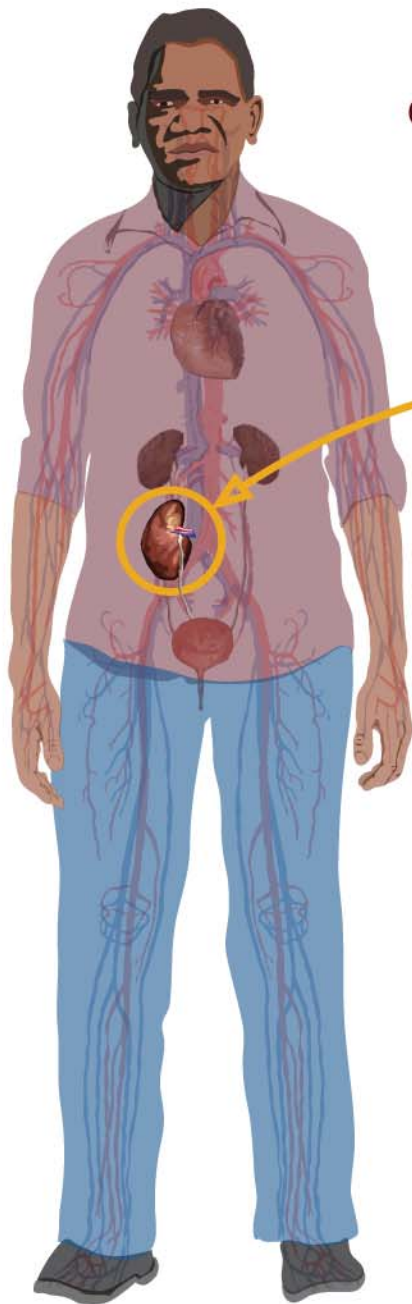
Where do kidneys come from?

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



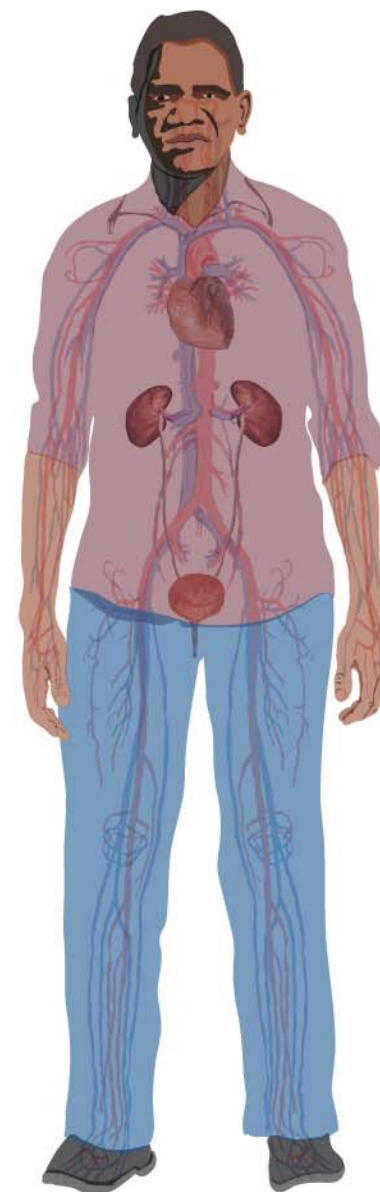
No high blood pressure



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.



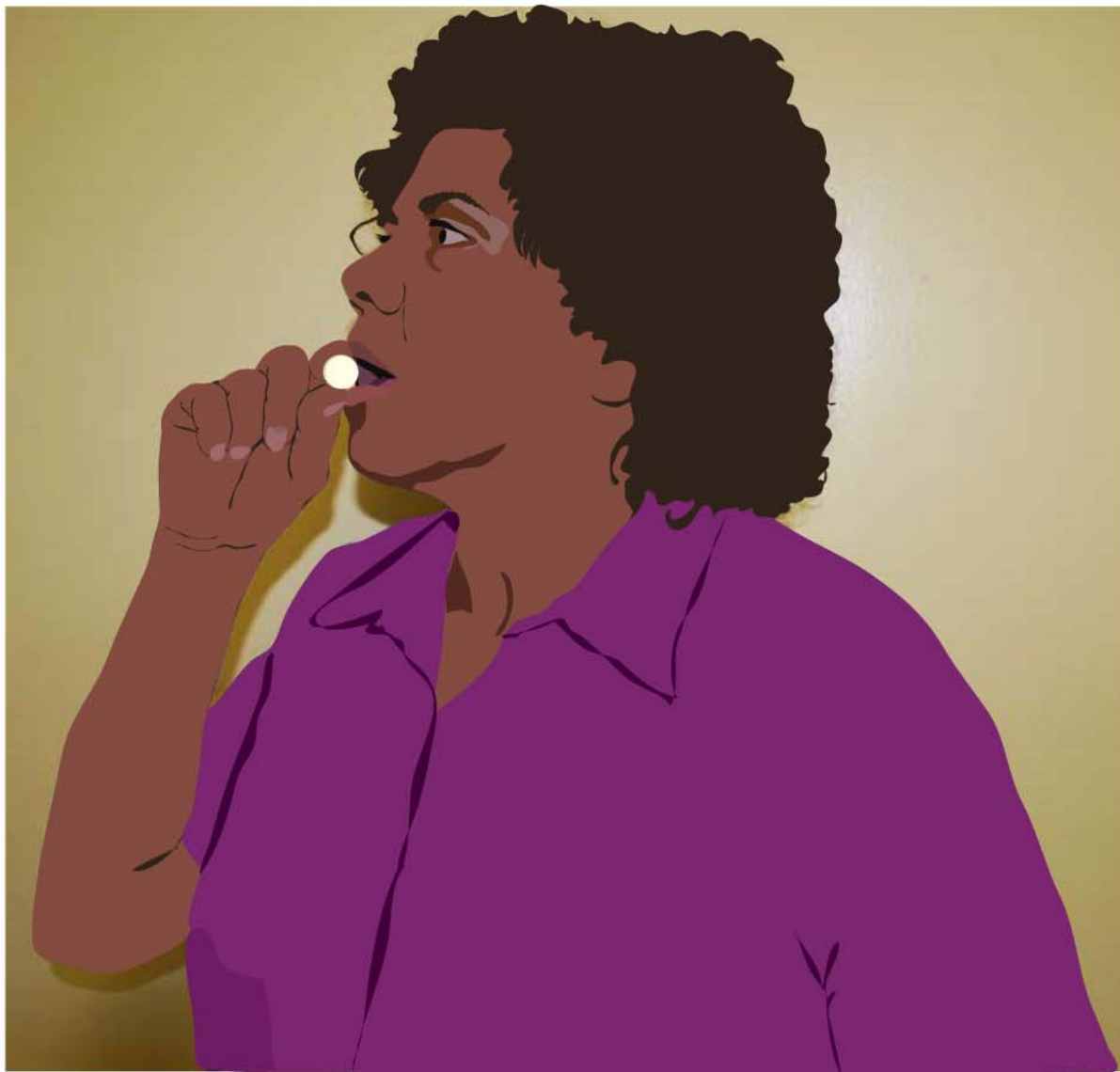
Seeing the Kidney Doctor for check ups



Having regular dialysis

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
morning time	7							
	8							
	9							
	10							
	11							
	12							
afternoon time	1							
	2							
	3							
	4							
	5							
evening time	6							
	7							
	8							
	9							
close	10							

Staying healthy and strong



Taking your medications



Staying healthy and strong



Being active

Staying healthy and strong

Eating good food



Staying healthy and strong



Going to the health clinic

Congress Health Clinic

Having a pap smear if a woman

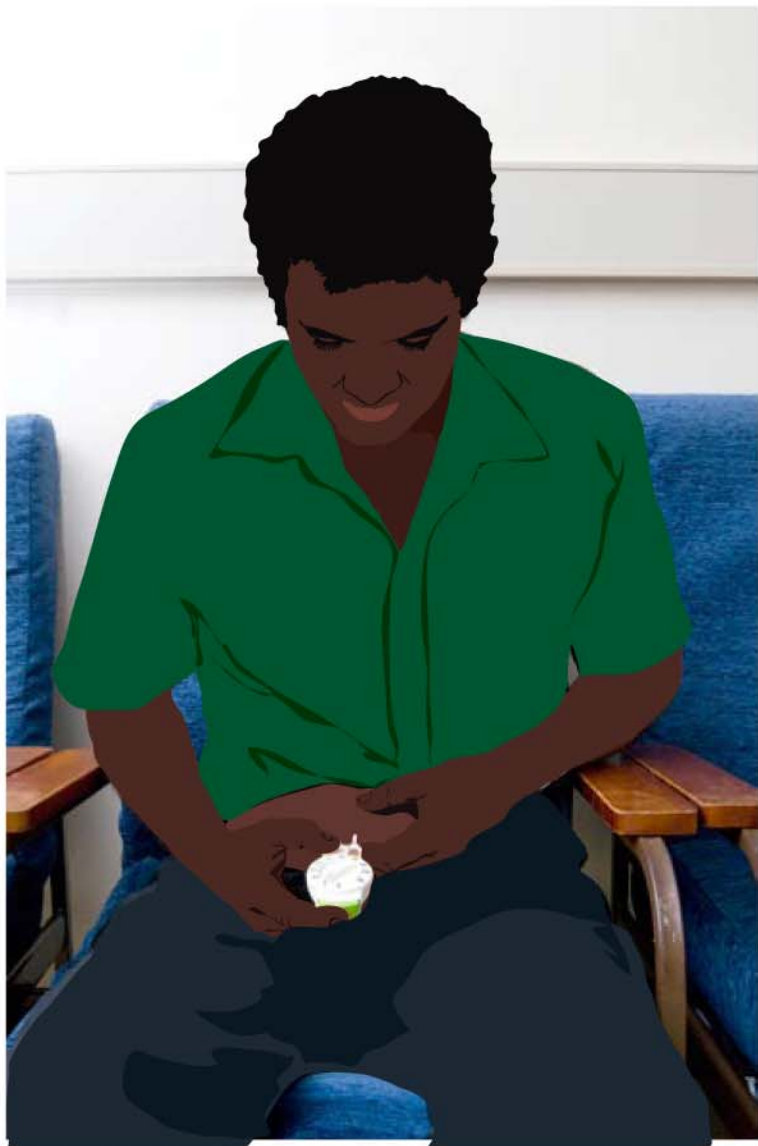


Alukura Women's
Health Clinic

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 can not contact you in time, or you can not 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

NT Renal Services would like to thank all the renal patients and others who donated their time in posing for the photos that were used to make the illustrations in these resources.

Producer Gillian Gorham

**Project Management
Art work** Michael Roseth

Content Development NT Renal Services

Consultants Renal patients, NT Palliative Care, PEPA Program, NT Preventable Chronic Disease Program, NT Aboriginal Interpreter Services, NT Aboriginal Services Support Unit, NT Aboriginal Workforce Development, Western Desert Nganampa Walytja Palyantjaku Tjutaka, Congress, Danila Dilba Health Service, Katherine West Health Board, Jeannie Devitt

Border art work From NT Palliative Care Model
Design by Bev Derschow

Painting by Barrapuy Wanambi, Dipililnga Marika, Wayalwanga Marika, Samuel M Assan, Nina Puruntatameri, Karina Napagardi Penhall

Proudly supported by
**Northern Territory
Government**



Australian Government
Department of Health and Ageing

**Northern Territory
Renal Services**