

James

“You feel better, not restricted. If at all possible, get a transplant. You don’t have to make arrangements for treatments. You don’t have to have dialysis. I have had three transplants. One lasted 8 weeks, and the others lasted 10 years and 4 ½ years. I have been a kidney patient all my life. I am currently 37 years old and hope to have another transplant soon!”

Floy

“Physical and emotional feelings changed course after my transplant. In my case, I felt as physically and emotionally healthy before and after. But, prior to my transplant, my life revolved around the time consuming dialysis, complicated by a strict diet. After my transplant, I had more personal freedom; however, there were different responsibilities on which to focus.”

Eunece

“When I was told that they had a kidney for me, I was excited, wondering ‘has this day really come’. After the transplant I was elated, humble and thankful for this wonderful gift.”



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Produced under CMS Contract HHSM-500-2013-NW008C. Contents may not reflect CMS policy.

After My Kidney Transplant:

“How Much Better Will I Feel?”



One of the goals of Network 8 is to promote and make patients aware of other forms of treatment for kidney disease. A kidney transplant is the treatment type that is most like your normal kidney function. It is a treatment, not a cure, but overall, most people do well with a transplant. We have asked several transplanted patients to tell you how they have felt before and after receiving a transplant. We hope that their experiences can help you decide if a kidney transplant is right for you.

Dorothy

“Before my transplant I felt fatigued, especially at night before and after dialysis. Sometimes I experienced bouts of depression, tied to having to be connected to a machine three times a weekly in order to survive. Post-transplant, things changed dramatically! The energy level was amazing. I felt ready and willing to tackle all those things that I wasn’t able to do because of dialysis. Emotionally I was happier, more optimistic, and generally more satisfied with life. I felt more complete, more normal and I felt as if I fit in with everybody else.”

Kennedy

“I was on dialysis for 7 ½ years and on the transplant list for 6 years before we got the call. I was extremely sore after the surgery, but the benefit of not having to do dialysis was worth it. Once I regained my strength I soon remembered how great it feels to be independent and to have energy. Initially, I had to take several medications but over time these can decrease. Don’t take your gift for granted and live your life to the fullest each day.”

Jacqueline

“ I began dialysis in 2003 and in March of 2009 I received a transplant. During the time the kidney was working, I felt great. Going to the clinic made me feel better as my medicines decreased and the reports showed improvement. I was even happy to wake up from a good sleep to go to the bathroom. Eventually, in 2011, I had to return to dialysis. As before, depression and fatigue returned to my life. I truly found myself enjoying life during the transplant season; I would say it was very rewarding!”

Elsie

“Before the transplant I was sad, I felt sluggish and tired sometimes. After the transplant I felt much better physically and I was happy! I was able to drink more and enjoy certain food more. Also traveling was so much easier!”

Anisha

“My transplant took place on February 21, 2014. The feeling is like nothing I’ve felt before. I could finally stop watching what I ate and watching my fluid intake. No more dialysis treatments, no more of my arm hurting and no more of having to sit in one spot for over 4 hours for my treatments. I feel wonderful and I love the freedom that the transplant has given me”.

Brenda

“I thought I felt fine while I was on dialysis. Your body does adjust to the changes that are going on and you are able to function. I was able to work full-time and do my treatments at night. But, following my transplants (two), I was amazed at the difference in my energy level. I had forgotten how good you can actually feel. Emotionally, there is a feeling of freedom and relief. You can get back to living a normal life and not being tied to a machine. The emphasis here is on the word ‘normal’. Transplantation is as close as you are going to get to being back to ‘normal’. We have to remember that it is a treatment and not a cure, but it is the best treatment and will help you live a longer life.”