

Waiting for your transplant

The experience of waiting for a transplant, is different for each person. How your health is holding up, patient and family supports, feelings about transplantation and whether there are other family worries can all have an impact.

The time you are accepted onto the waiting list until a suitable donor organ becomes available, provides opportunity for patients and their families to prepare as much as they can.

The following points might help:

- Preparation is important
- The resources and topics on the transplant websites provide useful information for both before and after transplantation. The treating team will always try to answer questions and support any concerns patients and families might have
- Waiting and wondering, and in some instances watching loved ones get sicker, can be tough and worrying. Transplant recipients have commented that they found it was helpful to consider each day being a step closer to a possible transplant
- Focusing on the moment, the day, the here and now, can also be a relief. Make each day the best it can be
- Maintaining good mental health is an important and achievable goal.

Helpful ideas



- **Attend** all the pre-transplant clinic appointments



- **Discuss any issues with the treating team**



- Maintain **connection** with family and friends





- Carers are encouraged to look at the “**carers**” section on the transplant websites, www.qld.gov.au/health/services/specialists/queensland-liver-transplant-service www.qld.gov.au/health/services/specialists/kidney-transplant



- Try to do **regular activities** as per normal. Get out and about when and where you safely can



- Use the time to explore and reflect upon your personal values, gathering strength and energy from supports you have established or wish to establish. Be clear about what motivates you and gives meaning to your life. Books, stories, poetry, movies, strength and inspiration cards, connecting with or developing new friendships and interests are all examples of ways to nurture, comfort, develop and strengthen oneself



- **Eat well and keep moving** even if you do not always feel like doing so. Meals can be kept simple and inexpensive. The dietitian can help with meal and food ideas taking into account certain restrictions. You may consider a slow cooker, 5 ingredients or less, or other easy meal plans. There are plenty of websites with recipe and meal planning ideas.



- **Spend time outdoors.** Visit a park, enjoy a nature reserve, beachfront or safe bushwalk. It can make the world of difference



- **Look after your mental wellbeing** and take time out for yourself and your mind. www.mentalwellbeing.initiatives.qld.gov.au

- Organise **advance care planning** including enduring power of attorney Metro South “Statement of Choices” documents or an advance directive. www.qld.gov.au/health/support/end-of-life/advance-care-planning