



### BENEFITS OF A KIDNEY TRANSPLANT TO THE RECIPIENT

After a successful kidney transplant, patients may benefit from:

- Freedom from dialysis
- Fewer dietary and fluid restrictions
- Return of strength and energy
- Improved capacity to socialise and enjoy life
- Ability to return to work with increased mobility
- Improved sexual function and fertility
- Lesser restrictions on physical activities

### THINGS TO NOTE AFTER A KIDNEY TRANSPLANT

In order for the kidney transplant to be successful, the immune system of the body will need to be controlled by medications (immunosuppressive agents) to prevent rejection of the transplanted kidney. Immunosuppressive agents are required to be taken as long as the transplanted kidney is functioning.

Patients with kidney transplants will need to be closely followed-up by their kidney specialists in the clinic and may need to take other medications to prevent or treat transplant related conditions as and when necessary.

### NOTE TO PATIENTS

Patients with progressive chronic or end-stage kidney failure as well as their families should consider kidney transplantation as a potential treatment option early during the course of their illness. The outcomes of kidney transplantation are the best when it is performed early during the course of end-stage kidney failure. The kidney specialists in charge of the patient would be the best person to advise if kidney transplantation is a suitable treatment option. Transplant coordinators are available to help provide additional information.

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#### CONTACT US

You may contact us at (65) 6321-4492 or [kidney.transplant@sgh.com.sg](mailto:kidney.transplant@sgh.com.sg) to learn more about kidney transplantation at the Singapore General Hospital.

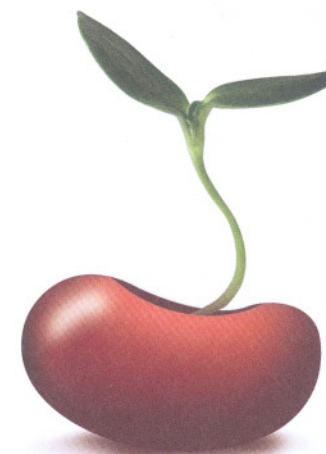
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## Deceased Donor Kidney Transplantation



Singapore  
General Hospital  
SingHealth



### WHAT IS KIDNEY TRANSPLANTATION?

Kidney transplantation is the transfer of a kidney from one person (the donor) into a person with end-stage kidney failure (the recipient). Kidney transplantation is the preferred treatment for end-stage kidney failure, as it provides a better quality of life, reduces the risks of early death and is possibly cheaper than dialysis in the long term.

### TYPES OF KIDNEY TRANSPLANTATION

#### Deceased donor kidney transplant

To receive a kidney from a deceased donor, an end stage kidney failure patient will need to be placed on the National Transplant Registry System (NTRS) and wait for a suitable kidney to be available.

#### Living donor kidney transplant

A patient can also receive a kidney from a willing and suitable living donor who need not be related to the patient. Incompatibility between the donor and patient e.g. different blood groups is generally no longer a barrier to transplantation.

### WHAT IS THE NATIONAL TRANSPLANT REGISTRY SYSTEM?

The NTRS is a national waitlist for patients with end stage organ failure. Singaporeans or permanent residents of Singapore can be placed on the waiting list of the NTRS with the following exclusion criteria:

- Stroke
- Severe heart disease e.g. heart attack
- Very poor circulation to the legs
- Cancer
- HIV/AIDS
- Active liver disease (including cirrhosis)
- Active psychiatric problems
- History of non-compliance to follow-up and therapy
- Any other condition where kidney transplantation may not be a suitable option

Conditions such as Diabetes and Systemic Lupus Erythematosus (SLE) will require specific evaluation before successful registration into the NTRS.

### WHAT IS REQUIRED TO REMAIN ON THE NTRS?

To remain eligible for deceased donor transplants, patients must ensure that all their test results are up to date. In the event that a kidney from a deceased donor is available for transplantation, their blood must be available for matching with the donor. Thus, routine blood tests are required for analysis and storage in the blood bank. Other tests may also be required at predetermined times to ensure patients remain fit and eligible to remain on the NTRS. In addition, patients should also:

- Follow their dialysis treatment
- Comply to their medications
- Attend routine clinic appointments
- Update the transplant coordinators of their contacts
- Update the hospital of any changes to their health

Demerit points may be given to patients who do not adhere to requirements for continued eligibility whilst on the waitlist. This may jeopardise their chances of receiving a kidney from a deceased donor in the future.

### WAITING TIME FOR DECEASED DONOR KIDNEY TRANSPLANT

The waiting time will depend on the availability of kidneys, blood type, HLA tissue type, level of anti-HLA antibodies (antibodies against a potential organ donor HLA type) and other medical conditions. Patients registered on the NTRS can be called anytime to receive a kidney from a deceased donor.

Unfortunately, during the long wait for a kidney, some patients may develop medical conditions that may prevent them from receiving a kidney transplant.

### THE SUCCESS RATE OF KIDNEY TRANSPLANTATION

Many factors influence the success of a kidney transplant and will vary from patient to patient. In general, the chances of a deceased donor kidney transplant functioning one year after operation are over 90%.

### WHAT DOES THE TRANSPLANT OPERATION INVOLVE?

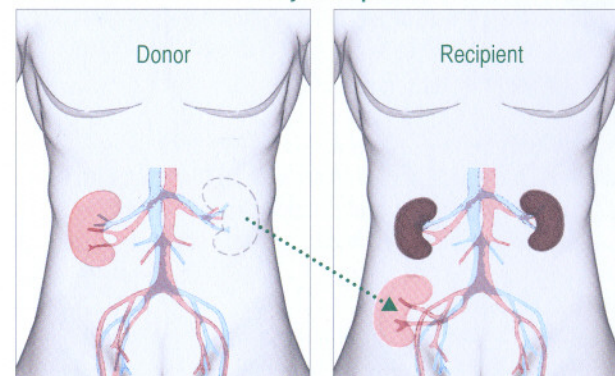
#### Incision



Kidney transplantation is a surgical procedure that involves placing the donor's kidney into the lower abdomen of the recipient. While the patient is under general anesthesia, an incision is made in the lower quadrant of the abdomen. The donor kidney is then transplanted into the lower pelvis of the recipient. The donor's kidney

blood vessels are connected to the recipient's blood vessels and the donor's kidney ureter (the tube that drains urine from the kidney into the bladder) is connected to the recipient's bladder. In most cases, the recipient's own kidneys are left in place.

#### kidney transplant



### WHAT IS THE COST AND PAYMENT METHOD OF A DECEASED DONOR KIDNEY TRANSPLANT?

Every patient will have a customised bill for their kidney transplant depending on factors such as Medisave subsidies, treatment class and means testing. Most kidney transplant patients are eligible for Medisave subsidies. Patients can also make use of the deductible and co-payment features of their Medisave, MediShield and Medifund protection to help minimise their hospital bill. In addition, some private health insurance policies cover many expenses associated with kidney transplantation and medications. For more information, please contact our transplant coordinators or business office for more details.