



**TRANSPLANT
PROGRAMME**
PATIENT & FAMILY
EDUCATION



KIDNEY TRANSPLANT

A Patient's Guide to
Renal Replacement Therapy

TREATMENT FOR END-STAGE KIDNEY FAILURE: KIDNEY DIALYSIS OR TRANSPLANT?

When the kidney fails, there are two types of treatments: **dialysis** and **transplantation**.

Dialysis

There are two types of dialysis.

1. Haemodialysis

A dialysis machine filters the blood and then returns it back into the body through a vein in the arm, or a dialysis catheter in the neck.



3 times a week*
4 hours a session



Treatment carried out at dialysis centres

*Frequency may vary based on doctor's advice

2. Peritoneal Dialysis (Water Dialysis)

A dialysis catheter is surgically inserted into the abdomen to pump and drain 1.5 to 2 litres of a special solution (called dialysate) into the abdominal cavity.



4 times manually daily, or 4 to 5 cycles using a machine at night*



Treatment carried out at home

Kidney Transplant

Kidneys come from 2 potential donor sources.



Living Donor



Deceased Donor Pool

Kidneys from live donors offer higher success, and lower rejection rates; they also reduce the long waiting time for a deceased donor kidney.

Dialysis	Transplant
<p>The 5-year survival rate while on dialysis is about 56.5%**, with potential health issues and reduced quality of life:</p>	<p>Good 5-year survival rate of 90%** post transplant, with better quality of life:</p>
<p>Increased cardiovascular complications and difficulty in conceiving (female patients)</p>	<p>Free from dialysis</p>
<p>Time-consuming (12 hours a week on haemodialysis) with stringent dietary restrictions.</p>	<p>Female patients can plan for children</p>

A successful kidney transplant is a more effective treatment for kidney failure compared to dialysis. A healthy transplanted kidney will function like a normal kidney, by regulating salt and water balance, and produce hormones necessary for good bone health and red cell production. Dialysis only removes excess toxins and water.

* Foreigners have little chance of obtaining a deceased donor kidney transplant from Singapore.

** Singapore Renal Registry 2021 Annual Report.

https://www.nrdo.gov.sg/docs/librariesprovider3/default-document-library/srr-annual-report-2021.pdf?sfvrsn=7bbef4a_0

BENEFITS OF LIVING DONOR TRANSPLANT



Shorter waiting time for a kidney compared to waiting for a deceased donor kidney



Better survival outcomes



Flexibility in scheduling the transplant date



ABO blood group incompatible transplants* are possible with latest advances in medical technology.

A kidney transplant may not be suitable for all patients with kidney failure. If you are keen on a living donor transplant, speak to our transplant coordinator for more details about the process and available options.

OUR TRANSPLANT PROGRAMME



Transplant Team

Our Transplant Team offers a complete range of medical and surgical treatment options for:

- Acute and chronic disease management
- End-stage disease management
- Kidney transplantation

We have the capabilities and experience to undertake complicated, high-risk transplants such as blood group incompatible and crossmatch positive (sensitised patient) transplants.



Dedicated Transplant Unit with ICU (Intensive Care Unit)

- Full-fledged Transplant Unit designed to provide transplant patients with comprehensive and specialised care.
- Dedicated in-patient ward with ICU facilities for seamless post-surgery care.
- Team of specialised ICU nurses who are well-trained in supporting patients through the entire process from surgery to post-transplant care, monitoring and recovery.



*In an ABO blood group incompatible kidney transplant, the donor and recipient's blood types are not compatible, resulting in increased risk of rejection of the new kidney by the recipient's body, if not managed well.

KIDNEY TRANSPLANT IN SINGAPORE



Success rates for living donor kidney transplants are high.



It is possible to do an emotionally related kidney transplant in Singapore. This means that it is legal for family members, such as a spouse, in-laws, and even close friends to donate a kidney to their loved ones.

Proof of relationship must be presented to the Transplant Ethics Committee.



Living Donor Kidney Transplants in Singapore

must be approved by a Transplant Ethics Committee appointed by the Ministry of Health. Organ trading is banned in Singapore.

Quality Standards And Patient Safety



High standards of healthcare

In terms of clinical outcomes and patient safety



Singapore's blood supply ranks among the safest in the world.

Singapore's Blood Services Group HSA (previously known as Singapore's Centre for Transfusion) is a World Health Organization (WHO) Collaborating Centre for Transfusion Medicine for the Western Pacific Region.



A PATIENT'S KIDNEY TRANSPLANT JOURNEY

1 Preparation of required documents

- Legal documentary proof of relationship between patient and potential donor(s);
- A copy of the recipient's medical and laboratory test reports.



2 Recipient & Donor arrive in Singapore

- Clinic reviews with relevant specialists
- Carry out necessary tests



3 Pre-Transplant Assessment / Evaluation

Transplant Team:

- Transplant physician
- Transplant surgeon
- Psychiatrist
- Medical social worker
- Other medical specialists, as required



4 Transplant Ethics Committee (TEC) Meeting and Approval

7-day cooling off period upon approval by TEC



5 Surgery

The TEC approval is valid for 60 days. Transplant surgery should be scheduled within this period.



6 Hospitalization

Recipient: 7-10 days
Donor: 6-7 days



7 Outpatient

Patient is discharged from hospital and remains in Singapore. Patient returns to the hospital for regular follow-up treatments.



8 Return Home

Recipient: 6 to 8 weeks post-surgery
Donor: 4 weeks post-surgery



WHAT'S NEXT?

Treatment for kidney failure is a means to take control of your life and live as fully as possible.

It is important to surround yourself with family and close friends for comfort and support. Speak to our transplant team to understand your disease management options better.



For more information, speak to us at:



IHH Healthcare

IHH Healthcare has a global network of 83 hospitals and ancillary services in 10 countries.

As a patient at Gleneagles Hospital Singapore, Mount Elizabeth Hospital, Mount Elizabeth Novena Hospital and Parkway East Hospital, you enjoy easy access to a full spectrum of integrated healthcare services under the IHH Healthcare ecosystem.