

# GLOSSARY

## GLOSSARY –Information about each of the appointments

### Blood Work

#### **Comprehensive metabolic panel (CMP)**

- The CMP is a panel of 14 tests that gives your healthcare provider important information about the status of your metabolism (the organic or chemical processes in your body that are necessary to maintain life) including the health of your kidneys and liver, electrolyte and acid/base balance, and levels of glucose and proteins in your blood.
- You can have your blood sample taken at your dialysis facility; staff can make arrangements to send the results to the transplant center.

### Cardiac

#### **Echocardiogram**

- A non-invasive ultrasound of the heart that allows your doctor to determine how well your heart is functioning. It uses high frequency sound waves to produce images of the hearts valves and chambers.

#### **Electrocardiogram (EKG)**

- A non-invasive test, the EKG records the electrical activity of your heart. This test is painless and quick.
- An electrode patch is attached to the skin on your chest, arms and legs.
- This test can detect abnormal heart rhythm, poor blood flow or heart issues.

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### Cardiac

#### Stress Test

- Also called an exercise stress test or cardiac stress test, this test measures how well your the heart handles external stress and can show if your heart is strong enough for transplant surgery.
- During a stress test exercise is often used to cause the heart to pump faster. Some possible exercise could involve walking on a treadmill or riding a stationary bicycle, while you are hooked up to equipment that monitors your heart. In some cases you may receive a medication that speeds up the heart rate in a way that exercise would.  
Source: Mayo Clinic

#### Cardiac Clearance for Surgery Letter

- A cardiologist, primary care physician or internist can confirm –through a letter or form—that your heart and cardiovascular health are in good shape and can handle kidney transplant surgery.
- You may need to have several assessments or tests to receive your cardiac clearance letter.

### Dental

#### Routine dental exam

- Includes preventive cleaning to help maintain healthy teeth and gums.
- Usually includes an examination of the teeth and gums; sometimes x-rays are taken.
- Dental exams/cleanings are usually recommended every six months.

#### Dental clearance for surgery

- It is often necessary for a dentist to examine a person’s gums and teeth before surgery to check for and eliminate sources of infection.
- Sometimes a letter from the dentist confirming that the examination took place is required.
- Your regular dentist or any community dentist can perform a dental assessment.
- If an infection is found, you may be required to treat it before you can be listed for a kidney transplant.

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### Vaccines

#### Hepatitis B Vaccine

- The hepatitis B vaccine protects against the hepatitis B virus, which can cause disease of the liver.
- This vaccine is recommended for unvaccinated adults who are at risk for hepatitis infections. The shots are usually given in 2-4 doses in a period of 1-6 months.
- At times your body might not create antibodies—agents that help you fight against the hepatitis B virus—and you might need to take an additional series of the vaccine.  
Source: Centers for Disease Control and Prevention

#### Influenza Vaccine

- Influenza vaccines, also known as flu shots, protect you from influenza viruses. Each year a new vaccine is developed, as the virus changes rapidly.
- Your dialysis unit is likely to offer the flu shot annually free of charge. Many other locations, including pharmacies, offer this vaccine free to the public.

#### Pneumovax (pneumococcus) vaccine

- This vaccine provides protection against the bacteria Pneumococcal, which causes pneumonia.

#### Tetanus vaccine

- This vaccine can help prevent tetanus and infection caused by the Clostridium tetani bacteria, that can release toxins that make muscles contract.  
Source: Centers for Disease Control and Prevention

### Other Tests

#### Colonoscopy

- A colonoscopy is a procedure in which a doctor uses a scope to look inside your rectum and colon (large intestine) to detect changes or abnormalities. Sedation is usually recommended. The test is performed with a camera on a flexible tube.
- This procedure can identify and, at times, remove polyps that can turn cancerous in the future. It can also see if the tissue is irritated or swollen, or if there are ulcers.  
Source: Mayo Clinic

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### Other Tests

#### Mammogram

- A mammogram is a low-dose x-ray that allows doctors to look for changes in breast tissue.
  - It is recommended that women over the age of 40 have a screening mammogram done every two years. Mammography is also recommended for younger women who are at high risk of breast cancer due to factors that could include obesity or a family history of breast cancer.
- Source: National Cancer Institute

#### Pap Smear

- The Pap smear is a procedure in which cells are gently removed from the cervix so that they can be checked under a microscope for cervical cancer or for cell changes that may lead to cervical cancer.

#### Pulmonary function test (PFT)

- This test shows how well your lungs are working by measuring how much air your lungs can hold, and how well you can push air out of your lungs.

#### Prostate-specific antigen (PSA) test

- The PSA test is a blood test that measures the amount of prostate-specific antigen in the blood and helps to screen for possible cancer in the prostate. This test is recommended to be done every two years for men age 50 years or older.

#### Tuberculosis (PPD) test

- PPD stands for “purified protein derivative.” This is a skin test that checks if you have been exposed to tuberculosis (TB). TB is a serious lung infection caused by bacteria that spread through the air.



### To file a grievance, please contact us:

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