
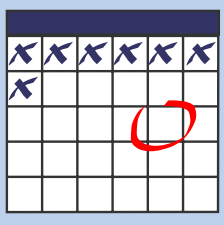







After A Kidney Transplant

<p>Important numbers</p> 	<p>Transplant Nurse Specialist: Karen Steer and Lizzie Boulton. Tel: 01392 405897 (office hours with answer machine) Email: karensteer@nhs.net or elizabeth.boulton1@nhs.net Renal Day Case (Sid Ward) 01392 40 4791 (open 8.30-4.30 Monday to Friday) Creedy Ward 01392 402591 for advice – out of working hours and weekends</p>
<p>Appointments Follow-up:</p> 	<p>You will routinely be seen post-transplant as follows:</p> <ul style="list-style-type: none"> ■ Month 1: Monday – in transplant clinic in Medical Out Patients Dept., Wednesday and Friday on Sid ward (Renal Day Case) ■ Month 2: Monday – in transplant clinic in Medical Out Patients Dept., Thursday on Sid Ward (Renal Day Case) ■ Month 3: Monday - Weekly in Medical Outpatients Dept. <p>Your appointments will then gradually spread out from weekly to fortnightly to monthly – this is very individual and will vary according to progress</p> <p>Please do not take your tacrolimus or ciclosporin medication until AFTER your morning blood tests</p> <p>Your situation can change very quickly so any planned leave e.g. holidays should always be discussed and agreed with the doctors</p>
<p>Medication:</p> 	<ul style="list-style-type: none"> ■ It is important that you NEVER miss any immunosuppression medication. Check your stock weekly so if you are running low we can organise some more in time for your next appointment. ■ Call the transplant nurses on 01392 405897 or Email karensteer@nhs.net when you need more immunosuppression medication. ■ Once your clinic appointments are monthly your immunosuppression will be ordered for you and will be in Boots pharmacy (in RD&E) ready for you to collect. ■ All other medication must be obtained from your GP.
<p>If you are unwell:</p> 	<ul style="list-style-type: none"> ■ If you have been vomiting for 12 hours and are unable to keep your medication down you must contact us for advice. ■ If you have sickness or diarrhoea the morning of your appointment you must not attend clinic as you may spread the infection. Ring the Transplant team so that they can review your condition and arrange a new appointment for you. ■ If you have diarrhoea drink plenty of fluids eat bland foods and contact the transplant team so they can review you. ■ If you stop passing urine, the flow changes or you pass blood then ring us immediately on telephone numbers above.
<p>Transport:</p> 	<ul style="list-style-type: none"> ■ Transport can be provided if necessary until you attend clinic weekly, then you must provide your own transport. ■ Transport will be booked for your appointments as and when required. ■ You can drive yourself after six weeks as long as you are pain free and able to perform an emergency stop without hesitation.
<p>Sun care:</p> 	<p>You are at higher risk of developing skin cancer due to your immunosuppressant medication if you expose your skin to the sun; therefore we advise you to wear Factor 50 sun cream, wear a hat, cover up and drink plenty of fluids.</p>
<p>Fluid intake:</p> 	<ul style="list-style-type: none"> ■ You will be told your required fluid intake by the Dr's and Nurses. Ensure fluid is taken very regularly throughout the day. ■ In hot weather ensure you increase your fluid intake by at least 500 mls. ■ If you are suffering with any sickness or diarrhoea ensure you maintain your fluid intake at all times and follow guidelines above.
<p>General Advice:</p>	<ul style="list-style-type: none"> ■ Good hand hygiene is required at all times especially before eating using soap and warm water. We recommend the use of hand gel when in public places. ■ No Vaccines allowed within the first month of your transplant. Also no live vaccines whilst taking immunosuppressants. Please ask for further advice as necessary.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.