

Welcome to the Post Transplant Teaching Class

- Education Sources: Video, Teaching Book, and your transplant team
- This class is to prepare you to go home
- **ASK QUESTIONS**
- Class lasts approximately 30-45 minutes





You and Your Transplant Coordinator

- Every patient is assigned a coordinator. You should know your coordinators name prior to discharge.
- They are your link to our doctors, nurse practitioners and other team members.
- Help with ordering lab work, appointments and other tests.
- Arranges for hospital admissions when needed.
- Reviews labs and other test results with nurse practitioner and doctor.
- Communicates plan of care and educates about plan and process.
- Ongoing education

Coordinator Assistants

Your coordinator has an assistant who helps with your care. Some of their responsibilities include:

- Scheduling Clinic Appointments
- Sending Lab orders
- Scheduling Tests
- Communicating your appointment schedule



When to Call the office ????

- Office hours are 8am-4:30 pm Monday- Friday
- Please call during office hours for all prescription needs and routine questions
- Phone number: **585-275-7753**



Coordinator On-Call
24 hour/ 7 days a week
585-275-5875



- Urgent Concerns
- Fever of 100.5 or higher, acute abdominal pain, persistent vomiting or diarrhea, bloody or bad smelling wound drainage, dislodged drainage tube, other signs of infection or rejection.
- Emergencies such as chest pain, trouble breathing, unconscious or unstoppable bleeding- you should call 911.

Clinic Routine



- You will be seen in Kidney Clinic the first Monday or Thursday morning after you are discharged. You will be given this appointment when you are discharged.
- Your first appointment will be scheduled for the first thing in the morning. This is to make sure that all the team members that need to see you have time to see you.
- This first appointment may be 2 hours long. So please plan accordingly.
- Clinic is located in the ambulatory care building on the second floor (AC-2)

Why Do I need my Blood Drawn?

Your blood work tells us how your new organ is functioning.

- There will be standing blood draw orders at URMC labs to have your kidney labs drawn; simply show ID.
- Have your labs drawn before you come to clinic
- You do not need to fast (having anything to eat) unless you are directed to do so (**DO NOT TAKE YOUR TACRO** until after your blood is drawn)
- We will check a level of your anti-rejection medication each time you get your labs drawn. It is important to **have your blood drawn at about the same time that you would normally take your medication.**
- Our outpatient labs opens at 6:30 am
Room 1-1350 (past the main lobby)

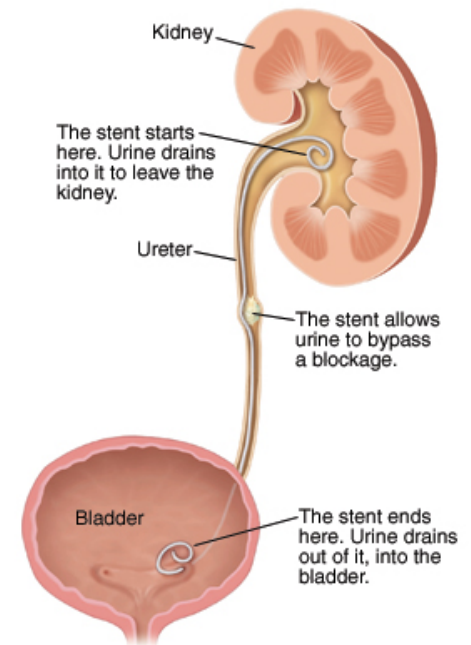


Kidney Transplant Patients Only

Stent Removal

All patients will have a stent placed at the time of transplant. The stent is used to help support the area where the ureter of the transplanted kidney is sewn to your bladder while it heals. The tube is removed within 4-6 weeks after your transplant. It is removed by the urologist by an outpatient procedure called a cystoscopy.

An appointment will be made for you usually after you are discharged from the hospital.



Medications



Prescriptions-

- **Do not** follow the instructions on the prescriptions bottles for your transplant medications: **tacrolimus, cyclosporine, Cell Cept, prednisone**
- The transplant team will make frequent dose changes and medication changes
- Our pharmacist will provide a pill box and will assist with filling your med box before discharge.
- Call your pharmacy for refills, they will contact us if needed.

Strong Outpatient Pharmacy Program 585-275-6208



Medication Do's and Don'ts

- Do not wait until you are down to your last pill to call for refills it can take 1 to 2 days to receive them, weekends and holidays may take longer
- Never double up on missed medications, if 6 hours or less take missed dose
- NO grapefruit or grapefruit juice
- You may take Tylenol occasionally (no more than 2000mg in a 24 hour period), Robitussin or Mucinex for coughs, and Benedryl as needed. We also recommend Coricidin HBP for cold and flu symptoms.

NO Motrin, Advil, Ibuprofen, Nuprin, Naproxen, Naprosyn, Aleve, Celebrex or Indocin

Tacrolimus

You will take for the rest of your life. This medication is an anti-rejection medication and helps prevent rejection.

This medication should be taken **12 hours apart** and the **same times every day**. This is important to make sure that when a level is checked it is as accurate as possible.

If you stop taking this medication your body will **reject** your new organ.

- Side Effects may include:
 - Hand tremors
 - Headaches
 - Insomnia
 - High Blood Sugars
 - Burning sensation on your feet and hands



What can happen after Transplant Surgery

- Wound healing problems
- Rejection: detected early with blood work
- Infection: remember to call for any symptoms of infection
- Decreased sensation around the incision which may be permanent
- Your original disease may come back : make sure you follow up with your transplant team

Rejection

Signs and symptoms of rejection may include:

- Fever of 100.5 or higher
- Elevation in labs
- Abdominal pain near where the new organ was placed
- Fatigue, lethargy
- Change in urine output, quality or frequency

Do not ignore these symptoms. Contact your transplant coordinator immediately.



Ways to prevent infection



- The **BEST** way to prevent infection is to use good hand-washing techniques by you and your entire household. Always go from toilet to sink, then to door!
- Hand Sanitizer can be used when hand washing is not immediately available
- Avoid contact with people who are sick
- **ALWAYS** avoid animal feces! Someone else must change the litter box if you have a cat.

On your way to Recovery!

- Drink 2 to 3 QUARTS of WATER daily. You can discuss water alternatives with your transplant team
- WALK EVERY DAY. This is important to prevent DVT's (blood clots in your legs) , pneumonia and constipation. This is a **vital** part of your recovery.
- No lifting objects greater than 10 lbs. (note that a gallon of milk weighs about 10 lbs!)
- Wash your incision daily with warm soapy water and pat dry. Showering is ok.
- Driving – you may begin in 3 to 6 weeks, your team will advise you when it is ok.
- Recovery from transplant surgery will take many months.
Be patient and stick with the program!

Final Thoughts

Congratulations and enjoy your new journey

