

4. Pets: Avoid pets to prevent possible infections.

5. Swimming: Kidney transplant recipients should swim in chlorinated pools only after the wounds have completely healed and all drainage tubes are removed. Stagnant bodies of water such as ponds or small lakes may contain infectious organisms and should be avoided completely. Swimming in oceans or large lakes may be permitted three to six months after the transplant, provided the water is tested and safety certified by the local health department. Public hot tubs should be avoided.

6. Stay Hydrated: A well-hydrated body



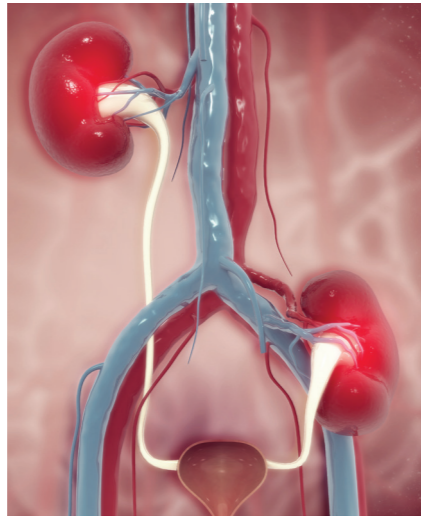
plays a crucial role in post-transplant recovery. Drink only clean, boiled and cooled water. Take adequate amounts of water as advised by the Physician/ Nephrologist. Limit intake of caffeine as it is a diuretic that contributes to dehydration.

7. Don't Eat Raw/ Under-Cooked Food:

Eating raw or under-cooked foods - especially meat or undercooked eggs after the transplant can cause severe intestinal illness.

8. Focus on Protein. Eat a well-balanced diet. Protein is important to help build muscles and regain lost weight.

Your Physician/ Dietitian will tell you how much protein you require daily.



PLEASE SCAN FOR
THE LOCATION



Mankhool, Kuwait Road, Al Mankhool - Dubai

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DEPARTMENTS

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Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
Obstetrics & Gynaecology • Orthopedics • Patient Affairs



MEDICATION COUNSELLING FOR RENAL TRANSPLANT PATIENTS



Digital Version



MEDICATION COUNSELLING FOR RENAL TRANSPLANT PATIENTS

Millions of patients across the world have got a second chance at life with renal/ kidney transplant. If you have been advised renal transplant, do not fear or panic. Undergoing a transplant is like undergoing any other surgery, except that you have to be a lot more careful. You can live a normal life after the transplant surgery if you adopt a healthy lifestyle, take necessary safety precautions, have your medicines regularly and go to your doctor for regular check-ups.

WHAT YOU NEED TO DO

- Know all your medications: doses, times and why you are taking them.
- Follow your medication schedule daily and make changes only as prescribed by your transplant Physician.
- Maintain regular contact with your



transplant team through your transplant coordinator.

- Attend follow-up appointments in transplant clinic as instructed.
- Do all the blood tests prescribed by the Nephrologist.
- Monitor your weight, blood pressure and temperature as required.
- Maintain a healthy lifestyle that includes a balanced diet, regular exercise and routine check-ups.
- Never skip or stop taking medications

without doctor's advice, Interruption of the medication regimen can cause rejection of the transplanted organ.

MEDICATIONS

Immunosuppressants

Immunosuppressants or anti-rejection medicines suppress your body's immune system and prevent rejection of the transplanted organ. You will need to take these medications as long as you have the functioning transplanted kidney. You will be prescribed a combination of immunosuppressants depending on your health condition. As the transplanted kidney is 'foreign' to your body; your immune system will try to protect you from the 'intruder' by destroying it - just like it would fight bacteria or virus during an infection. Immunosuppressants weaken the body's immunity/defense system by making it incapable of fighting against the new kidney. Remember, you stop taking these medications, your immune system will act against the transplanted kidney and reject it.

Your immunosuppressants include

- Tacrolimus
- Mycophenolate Mofetil
- Prednisolone

TACROLIMUS

Dosage: This medicine is available in varying strengths. Make sure that you are taking the right dose - as prescribed by your doctor. The usual dose is twice daily. It is important to take Tacrolimus at the same time every day before food to ensure stable immunosuppression.

SPECIAL COUNSELLING

- Do not change the dose of Tacrolimus or take more/less than the prescribed dose.

- The dose of Tacrolimus may be increased in case of kidney rejection. The dose may be decreased if you have an infection or side effects of the medications.

- Take Tacrolimus at the same time every day to maintain stable immunosuppression.
- If you miss a dose of Tacrolimus, have it immediately as soon as you remember. If it is time for the next dose, skip the missed dose and resume your regular dose-schedule.
- Tacrolimus can interfere with other medicines and affect the blood levels. Always check with your doctor before starting any new medications to ensure that it does not interfere with Tacrolimus

MYCOPHENOLATE MOFETIL

Dosage: It is usually given in two divided doses. Take the exact dose as prescribed by Physician/Nephrologist.

SPECIAL COUNSELLING

- Do not change the dose of Mycophenolate without consulting the treating Physician/ Nephrologist. Mycophenolate capsules should be swallowed as whole and not be opened. The powder inside the capsule can be harmful if inhaled.
- If you miss a dose of Mycophenolate, have it as soon as you remember. If it is time for the next dose, skip the missed dose and resume your regular dose-schedule.
- Women who are of child-bearing age should use contraceptives while having this medication. Even if Mycophenolate is discontinued, use contraceptives for additional six weeks to ensure that the drug is eliminated from the body completely before becoming pregnant.

PREDNISOLONE

Dosage: Prednisolone is usually given once daily and needs to be taken in the morning after breakfast. This medicine is available in various strengths. Make sure that you are taking the right dose as prescribed by the Physician/ Nephrologist.

SPECIAL COUNSELLING

- Do not change the dose of Prednisolone or have more/less than prescribed.
- Prednisolone should be had only after breakfast as it can cause abdominal pain if taken on empty stomach. Prednisolone should be taken in the morning as once daily dose.
- Prednisolone can be stopped/ dose altered only by your treating physician.
- If you miss a dose of Prednisolone, have it as soon as you remember. If it is time for the next dose, skip the missed dose and resume your regular dose-schedule.
- Avoid concentrated/high-sugar sweets like candy bars and soda while taking Prednisolone.

SIDE EFFECTS

Acneiform rashes over the face and back, high blood sugar levels.

Anti hypertensives/ Anti diabetics

Anti hypertensives or Anti diabetic drugs may be prescribed if you have a previous history/ diagnosed with hypertension or diabetes. Anti hypertensives are drugs which are used to control blood pressure, while anti diabetics control elevated blood sugar levels. These medications should be taken at the exact time, as prescribed by the doctor.

SPECIAL COUNSELLING

- Check your blood pressure and blood sugar levels regularly, as suggested by

your Physician/ Nephrologist.

- Your diet will need to be optimized for efficient management of blood pressure and blood sugar.

GENERAL POINTS

1. Storage of Medications: Store medications in a cool, dry place, away from sunlight. Do not store medications in the refrigerator, unless instructed to do so by your pharmacist. Take tablets immediately after opening the strip. Prolonged storage of drugs in open environment may affect their efficacy.



2. Avoid infections. In the first 90 days post-surgery, your body's immunity will be highly suppressed. A weakened immune system means high risk for contracting infections/infectious diseases.

Avoid crowded places like public transport, fairs, festivals and places of worship, where contact with infected people are likely. Wear a mask when you step out and wash your hands frequently either with soap and water or with sanitizer. Bathe every day. Make sure you practice good hygiene in general.

3. Hand washing: Practice hygienic hand wash techniques. Use warm water and soap and scrub your hands vigorously for 1 minute. Scrub between your fingers and under your nails as well. Wash your hands well before eating and preparing food, after going to the toilet, changing diapers and playing with pets.