

Leaving hospital after your kidney transplant

Information for patients,
carers and relatives



**Easy
Read**



easy read



new medications



outpatient clinic



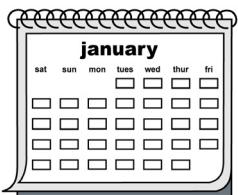
This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

It will help you understand about your new medications.

It will help you understand about attending the outpatient clinic.

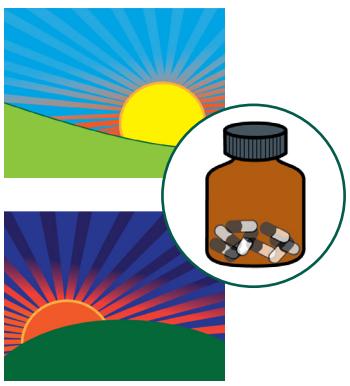
medication



important tablet



morning and evening

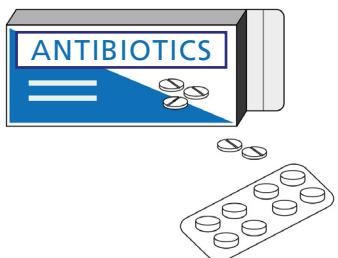


You have to take medications every day to keep your new kidney healthy.

One of the most important tablets is to help your body accept the new kidney.

You will need to take these tablets every morning and every evening.

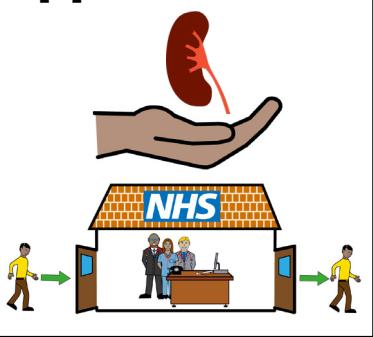
antibiotics



stop medication



hospital appointments



We will also give you antibiotics to take to stop you becoming unwell.

The Dr's and Nurses may stop some of the medication you used to take before the operation.

You will need to come to hospital appointments so we can keep checking on you and your new kidney.

rest



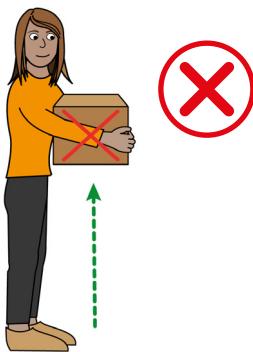
You will need to continue to rest when you go home but keep moving around gently.

walking



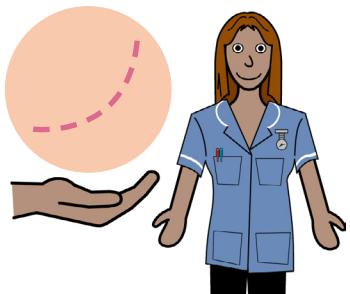
Walking is the best exercise.

heavy lifting



Do not do any heavy lifting for 3 months to protect your scar.

scar care



Keep your scar clean,
the nurses in the clinic
will help you care for
your wound.

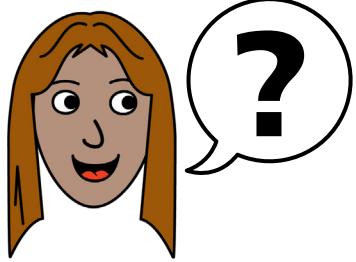
If your scar is red or
hurts please contact the
hospital.

feel unwell



Contact your local renal
unit in-between clinic
visits if you feel unwell.

ask



If you have any questions,
you can ask the staff.

health passport



If you have a Learning Disability or Autism diagnosis please complete a **Health Passport** and return it to the Learning Disability and Autism team on:

leedsth-tr.Idautism
@nhs.net



The National Kidney Federation, The Point, Coach Road, Shireoaks, Worksop, Notts S81 8BW

Email: nkf@kidney.org.uk

Telephone:
(01909) 544999

HELPLINE:
0800 169 09 36
(free from UK Landlines and mobiles)



What did you think of your care?

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