

Leaving hospital after your kidney transplant

Information for patients,
carers and relatives

**Easy
Read**



easy read



This booklet uses easy words and pictures.

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

new medications



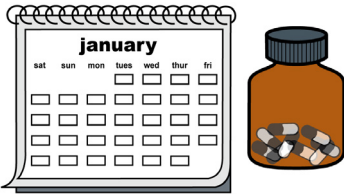
It will help you understand about your new medications.

outpatient clinic



It will help you understand about attending the outpatient clinic.

medication



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

important tablet



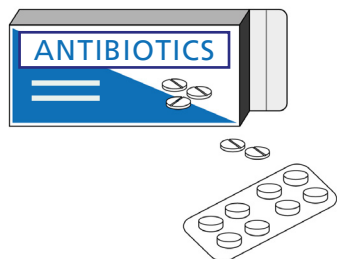
One of the most important tablets is to help your body accept the new kidney.

morning and evening



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

antibiotics



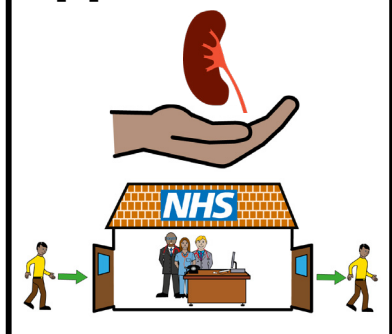
We will also give you antibiotics to take to stop you becoming unwell.

stop medication



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

hospital appointments



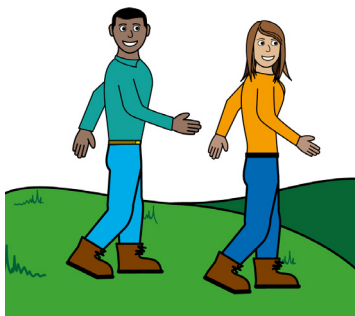
You will need to come to hospital appointments so we can keep checking on you and your new kidney.

rest



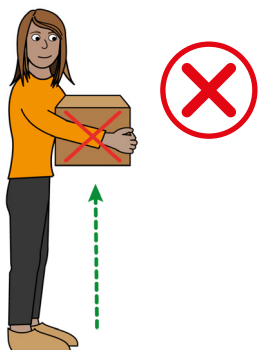
You will need to continue to rest when you go home but keep moving around gently.

walking



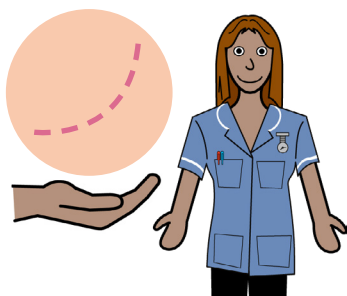
Walking is the best exercise.

heavy lifting



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

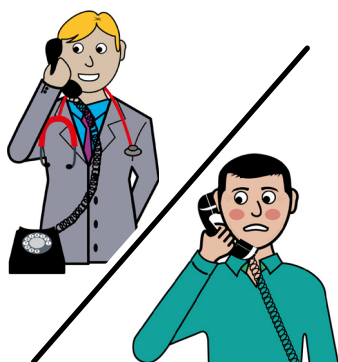
scar care



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

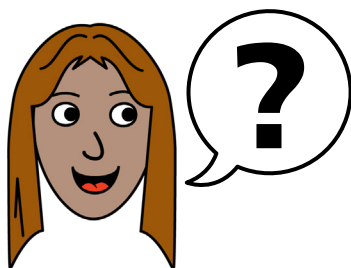
If your scar is red or hurts please contact the hospital.

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.lidautism@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?

Visit: www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/

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