

Keeping you and your new kidney healthy

Information for patients,
carers and relatives

**Easy
Read**



easy read



This booklet uses easy words and pictures.

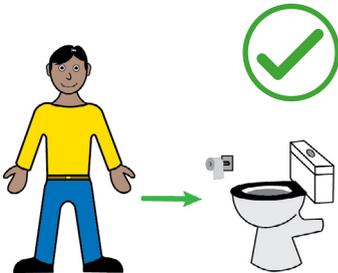
You might want to ask someone to help you read it.

water



Drink plenty of water/ fluids.

use toilet

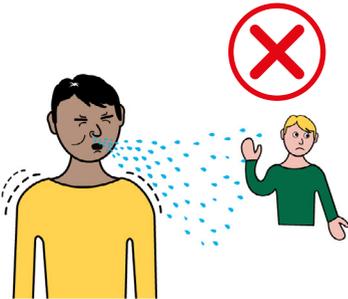


Go to the toilet when you need to, do not hold it in.

cold or infection



stay away



wash hands

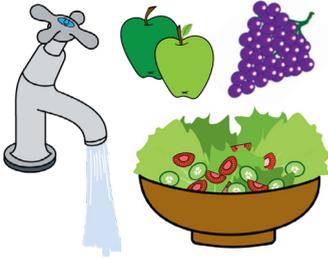


Sometimes your tablets make it more likely for you to catch a cold or infection.

You must be careful and stay away from people who are ill.

Wash your hands for at least 20 seconds each time.

wash fruit and vegetables



Wash your fruit and vegetables.

cook



Make sure all your food is cooked properly.

food date



Do not eat out of date food.

pet cleaning



Do not clean bird cages or cat litters.

tell someone

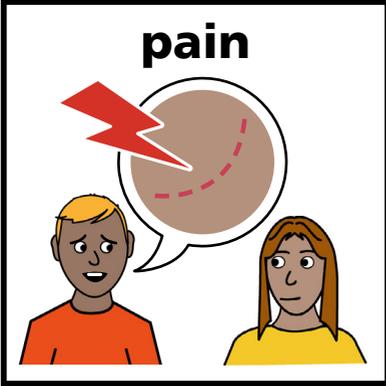


Tell someone if you;

vomiting and not drinking



are vomiting and cannot drink water.

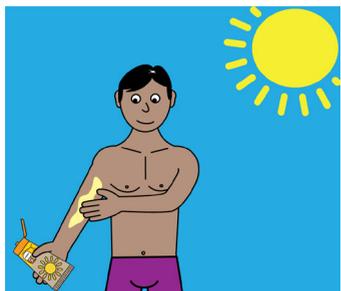


Tell someone if you;
have pain over your scar.

are not going to the
toilet for a wee as
often...

or it is burning or
stinging when you go
for a wee.

protect skin



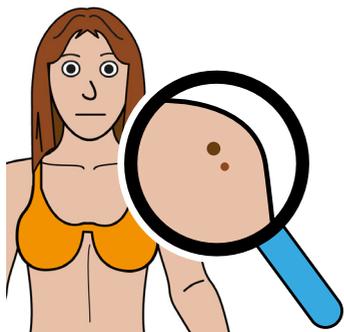
Protect your skin from the sun. Wear at least factor 30 sun cream.

hat and shade



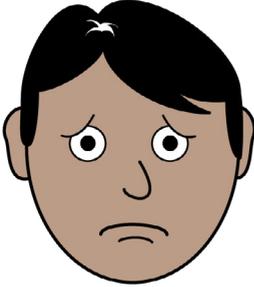
In hot sunny weather wear a hat and sit in the shade.

skin moles



Check your skin for any new moles or changes to existing ones.

anxious



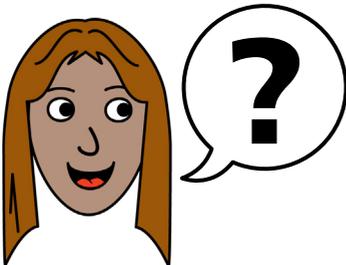
Some people may feel sad or anxious after their transplant, this is normal as you will have a new routine.

support



You might meet new staff but everyone is here to support you.

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.lautism@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/

Scan or click the QR code - Your views matter



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