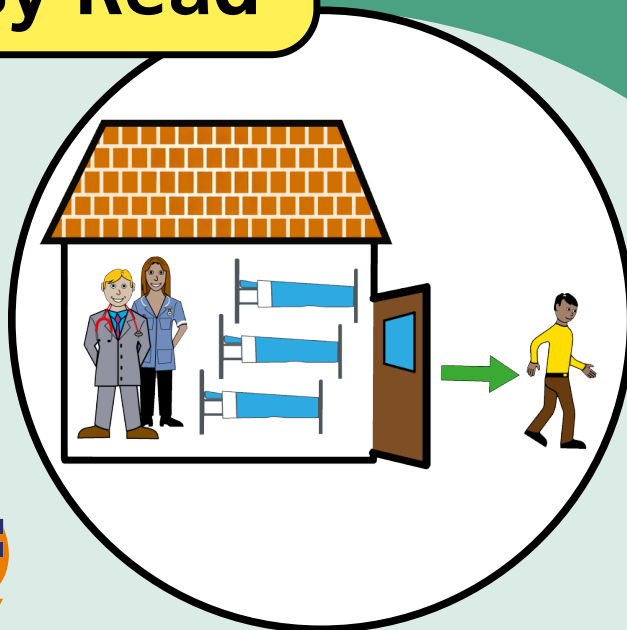


# Leaving hospital after your Kidney Transplant.

Information for patients

**Easy Read**



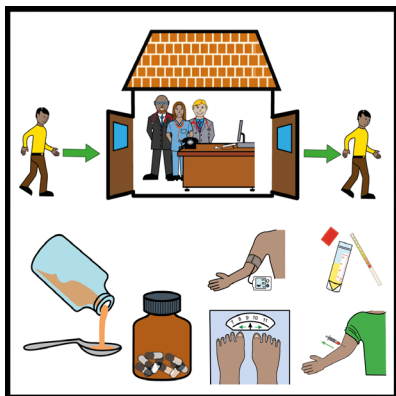


## easy read



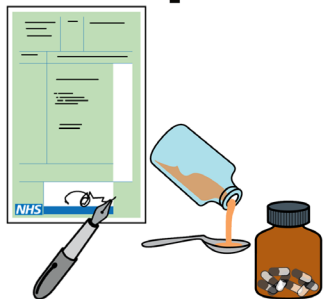
This booklet uses easy words and pictures.

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



It will help you understand about your new medications and attending the outpatient clinic.

## prescription



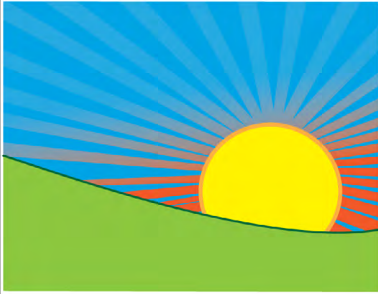
You have to take medications every day to keep your new kidney working.

## **kidney care**



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

## **morning**



You will need to take these tablets every morning,

## **evening**



and every evening.

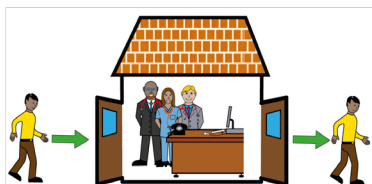
We will also give you antibiotics to take to stop you becoming unwell.

## **prescription**



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

## **outpatients**



You will need to come back to hospital to the outpatient department so we can keep checking on you and your new kidney

## **rest and recovery**



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

## walking



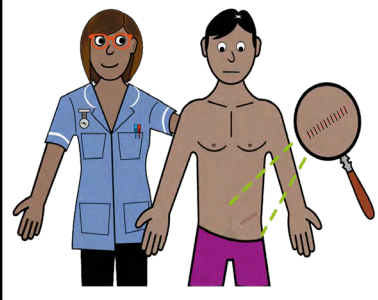
Walking is the best exercise

## do not lift



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

## wound care



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

**feel ill again**



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

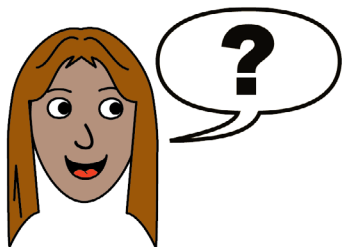


**Hospital Passport**

My name is

I like to be called

**ask**



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.l autism@nhs.net](mailto:leedsth-tr.l autism@nhs.net)

If you have any questions, please speak to your team.



## **The National Kidney Federation,**

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S81 8BW

### **Email:**

[nkf@kidney.org.uk](mailto:nkf@kidney.org.uk)

### **Telephone:**

(01909) 544 999

### **HELPLINE:**

0800 169 0936  
(free from UK Landlines  
and Mobiles)



## **What did you think of your care?**

Scan or click QR code, or visit [bit.ly/nhs leeds fft](https://bit.ly/nhs_leeds_fft)

***Your views matter***

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