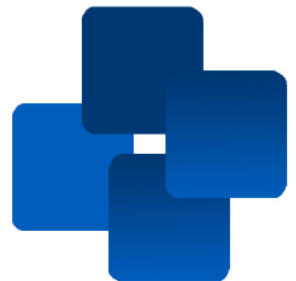


Patient Information

Introduction to the Post-transplantation Service

Renal Transplant Department
Lister Hospital



Introduction

The purpose of this booklet is to give you an overview of the services offered at Lister Hospital for patients who have received either a kidney or combined kidney and pancreas transplant. It is important to realise that a successful kidney transplant depends on your health and wellbeing.

Clinics

The **face to face** appointments are held every **Wednesday afternoon** at **Lister Hospital** in Area 2 of the yellow zone and some **Monday afternoons** at the **Chiltern Kidney Centre**. There are also **virtual** clinics and **telephone** clinics held every week. Please ensure you have attended for blood and urine tests prior to your clinic consultation. Please also have your home blood pressure readings and weight available for virtual or telephone reviews.

In transplant clinic, you will see a consultant nephrologist or a renal specialist registrar on a regular basis. The aim of this clinic is to monitor your transplant function through blood and urine tests, and any other specific investigations as required. It is important you attend these appointments and adhere to medical advice.

If you feel you may be experiencing side effects due to anti-rejection medications, it is important you share this information with the transplant team. If you are experiencing any side effects due to your anti-rejection medication, you must not stop or reduce the dose before discussing with your transplant team. Every transplant centre is aware of patients who have lost their transplant kidney due to the patient stopping their medications without seeking medical advice.

You will also receive a separate appointment to be seen in the **health and wellbeing review clinic** held by the transplant specialist nursing team. This clinic focuses on health promotion, prevention and early intervention, aiming to promote your quality of life and improve the longevity of your transplant. The transplant specialist nursing team also offer extra support to patients who require additional reviews.

Blood tests

You will be required to have bloods tests regularly to check your kidney function and to monitor blood levels of your anti-rejection medication.

- It is important that you have these bloods taken in the morning **before** you take your anti-rejection medication.
- All other medications can be taken as usual.
- You should also produce a urine sample to check the level of protein in the urine.

Please see the timings below for taking your anti-rejection medication in preparation for your blood tests:

If your medication is one of these:

- Tacrolimus (Prograf, Adoport)
- Ciclosporin (Neoral, Sadimmun, Deximune)

please take the last dose 12 hours before your blood test.

If you are taking one of these medications:

- Tacrolimus (Advagraf, Envarsus)
- Sirolimus (Rapamune)

please take the last dose 24 hours before your blood test.

- Please note that levels of these medications are affected by a number of food items, therefore, please take these medications either **1 hour before** meals or **2 hours after** meals

Following the review of your blood test results, the transplant specialist team may contact you if further visits or tests are required. Sometimes this may be needed urgently and we would expect that you are able to attend at short notice. It is important that we can easily contact you and that you keep us informed of any change in your contact details, i.e. mobile number.

Renal Support Team (RST)

The renal support team consists of social workers, a health psychologist, psychotherapist, counsellor, peer support facilitator, benefits advisor and a youth worker. They offer a wide range of support which include attending to your social and psychological needs.

Renal dietitians

A healthy well balanced diet is important for good weight control and overall health. General food hygiene is also important to avoid food borne infections. Your dietitian in clinic will discuss your dietary needs with you on an individual basis as required.

Renal pharmacists

Renal pharmacists provide specialist advice on anti-rejection medications and their potential interactions with other medications. They will also prescribe and organise the supply of specialist medicines related to the transplant which are unavailable via your GP, such as anti-rejection medications, aranesp injections and cinacalcet. These medicines may be delivered directly to your home which the pharmacists can organise for you.

Pill reminder apps

You will need to take anti-rejection medications every day to prevent rejection of your new kidney. There are many pill reminder apps that you can access for free from your smartphone.

Patients Know Best

You can access your blood test results and medications online via 'Patients Know Best' using your NHS login. If you are interested in signing up to this, please ask at your next clinic appointment or visit.

Advice and support

If you have been prescribed additional medications and are unsure of the potential interaction with your anti-rejection medications, please contact the transplant nursing or pharmacy team. They are always happy to help answer your questions. You are also advised to check with the transplant team before taking any over-the-counter medications, including herbal and vitamin supplements.

If you are unwell or concerned about your health between visits, please contact the transplant nursing team who will be able to advise you on the appropriate course of action. This may involve you attending the hospital for assessment via your local Emergency Department or Renal Intervention and Treatment Area (RITA) at Lister Hospital, or to see your local GP.

You should attend the Emergency Department for **urgent medical advice** if you think you have suddenly developed one of the following:

- pain or tenderness over your transplanted kidney
- fevers or a raised temperature of 38°C or above
- abdominal pain that is not controlled by your pain relief
- reduced urine output
- blood in your urine
- bleeding
- diarrhoea and/or vomiting for more than 24 hours
- difficulty breathing
- swelling in the face, stomach or legs
- fatigue/weakness
- flu like symptoms
- sudden weight gain
- a rise in blood pressure

If you are unwell, we do not advise you to drop in to clinic or the renal unit as this may be unsafe to do so. Please contact a member of the transplant nursing team for advice on the telephone number provided on the back cover of this booklet.

Thanking your donor family

If you have received a kidney from a deceased donor, you may wish to write to your donor's family. Please speak to your transplant nursing team for further information.

Alternatively, you can find out more information on what you should and should not say in your letter on NHSBT website at:

www.nhsbt.nhs.uk/organ-transplantation/resources/writing-to-a-donor-family-or-recipient/

Useful resources and further information

The Lister Area Kidney Patient Association (LAKPA)

www.lakpa.org/

Kidney Care UK

www.kidneycareuk.org/

The UK Kidney Association (UKKA)

renal.org/

National Kidney Federation (NKF)

www.kidney.org.uk/

British Transplantation Society (BTS)

<https://bts.org.uk/>

Patients Know Best

<https://patientsknowbest.com>

Kidney Research UK

kidneyresearchuk.org/

Booklets

- Post transplant and long-term care - Salford Royal NHS Foundation Trust
- Kidney Transplant Guide - Cambridge University Hospitals NHS Foundation Trust

Additional patient information leaflets are also available on our Trust website: <https://www.enherts-tr.nhs.uk/patient-information/>

What if I have any questions?

If you have any concerns or questions, please speak to a member of the transplant nursing team.

Please use this space to write down any questions you wish to ask:

Useful contact numbers

Post Transplant Nursing Team 01438 286363

(Monday - Friday, 8am to 1pm)

Email: posttransplantcoordinators.enh-tr@nhs.net

Renal Pharmacists 01438 284677

Email: renalpharmacists.enh-tr@nhs.net

Renal Administration 01438 284915

Email: nephadmin.enh-tr@nhs.net

Renal Dietitian 01438 285533

Renal Social work team 01438 284957

Renal Psychological service

Renal Intervention and Treatment Area (RITA) 01438 284775

Renal Ward 6B 01438 284068

Patients Know Best

Email: enh-tr.pkb@nhs.net

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