

NHS 111

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. It is available 24 hours a day, 7 days a week. 📞 111

Other health advice and guidance

This leaflet is intended as a guide and the list of conditions is not exhaustive.

You can access health advice and guidance or find your nearest service online through NHS Choices - www.nhs.uk

If you have any worries or concerns, please seek medical advice.

Contact details

Transplant Nurses

📞 01438 286363 / 01438 285466

Renal Pharmacists

📞 01438 284677

Email: renalpharmacists.enh-tr@nhs.net

Renal Administration / Appointments

📞 01438 284915

Email: nephadmin.enh-tr@nhs.net

Advanced Kidney Care Team

📞 01438 285255

Renal Ward 6B

📞 01438 285063 / 01438 285064

Patient Information

Which service is best for me as a kidney transplant recipient?

A guide to helping you choose the right NHS service

Renal Transplant Department
Lister Hospital

You can request this information in a different format or another language.

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www.enherts-tr.nhs.uk



COVID-19

Please contact **NHS 119** for any COVID-19 vaccination queries



Current guidance can be found on:
www.gov.uk/coronavirus

Please ring the transplant nurses on **01438 286363** if you test positive as we may need to make some temporary changes to your treatment

Community Pharmacy

Sore throat, runny nose, earache, sticky eye, grazes, small cuts, rashes



Pharmacists advise and treat a range of symptoms.

If buying over-the-counter medication or getting a new prescription, please show the pharmacist your medication list as well as your tacrolimus or ciclosporin **alert card**. Some of your transplant medications may have mild to severe interactions with other medications.

No appointment is needed and most pharmacies have private consulting rooms

GP

Headache, stomach ache, arthritis, asthma, back pain, high blood pressure, gout, chest infection



GPs and practice nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.

Contact your GP Practice online, via an app or phone for an appointment

Minor Injuries Unit

Cuts, sprains, strains, bruises, itchy rash, minor burns



Minor Injuries Units, Walk-in Centres and Urgent Care Centres provide advice and treatment for a range of conditions.

They are usually led by nurses and an appointment is not always necessary

Transplant Unit

High temperature, diarrhoea, vomiting or dehydration.

Symptoms of urine infection or pain over transplant site, fistula concerns or medication queries

**Lister Hospital
Transplant Unit**

If you are experiencing any of the above symptoms you can call the transplant nurses at Lister Hospital Monday to Friday, 8am - 1pm on **01438 286363**

Outside of these hours you can call your GP, NHS 111 or attend your local Emergency Department

If you have a transplant medication query, contact the renal pharmacists on **01438 284677**

Emergency Department 999

Severe bleeding, breathing difficulties, chest pain, serious injury, loss of consciousness, suspected stroke



Emergency Department at hospital is open for serious or life threatening emergencies, such as heart attacks and strokes