



Kidney Transplant Aftercare Instructions



Kidney Transplant Aftercare

It's super important to take good care of yourself after you get a new kidney transplant. Your transplant team will give you instructions, and it's essential to follow them so your new kidney stays healthy for the long term. [Here are some general guidelines for kidney transplant aftercare based on the information from the National Kidney Foundation.](#)

Diet

- You must follow a healthy diet low in salt, fat, and sugar and high in fruits, vegetables, and whole grains.
- Unless your doctor tells you otherwise, you must drink enough fluids to keep your urine clear or pale yellow.
- Undercooked meat, raw eggs, unpasteurized dairy products, and raw or undercooked eggs are all foods that can cause food poisoning.
- Your anti-rejection medications may interact with alcohol, caffeine, and grapefruit juice.
- You will need to check with your doctor before taking any herbal supplements, vitamins, or minerals, as they may also affect your anti-rejection medications.

Exercise

- You must stay physically active to improve your blood circulation, muscle strength, and overall well-being.
- With the guidance of your doctor and physical therapist, you will need to start slowly and gradually increase your activity level.
- If you have a new kidney, you should avoid contact sports, heavy lifting, and strenuous exercises that could cause bleeding or injury.
- You should wear sunscreen and protective clothing when exercising outdoors because your anti-rejection medication may make your skin more sensitive to the sun.

Medications

- You will need to take your anti-rejection medications every day, at the same time, and in the exact dose prescribed by your doctor, to prevent your body from rejecting your new kidney.
- Refill your medications before they expire by keeping track of them.
- You should notify your doctor immediately if you experience side effects or change your medication.
- You will need to avoid taking any over-the-counter drugs, such as painkillers, antacids, or cold remedies, without consulting your doctor, as they may interfere with your anti-rejection medications.

Monitoring

- You will need regular blood tests and urine tests to check how well your new kidney is working and adjust your anti-rejection medications accordingly.
- You must measure your blood pressure, temperature, weight, and urine output daily and record them in a log book.
- The first signs of rejection are fever, swelling, pain, or decreased urine output. Report them to your doctor right away.
- Report any signs of infection, such as coughing, sore throats, diarrhea, or wound drainage, to your doctor immediately.

Lifestyle

- To prevent damage to your new kidney as well as to increase your risk of heart disease, stroke, and cancer, you will need to stop smoking.
- The best way to prevent infections is to practice good hygiene, such as washing your hands, brushing your teeth, and cleaning your wounds.
- With your doctor's approval, you will need to avoid being around people who are sick or have infections and get vaccinated against common diseases, such as flu and pneumonia.
- After a [kidney transplant](#), pregnancy can be risky for you and your baby, so you will need to use contraception if you are sexually active.
- Coping with a kidney transplant can be challenging and stressful so you will need emotional support from family and friends.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline:+989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

