یا من اسمه دواء و ذکره شفاء

Patient'sGuide

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Post- kidney Transplantation Care

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To maintain the health and natural function of the kidney and prevent complications that may be caused by taking medications, **please pay attention to the following points:**

1. On the 21st day after surgery, visit the clinic on the specified date.
2. A plastic tube and a patch of approximately 10 cm remain in the surgical area, which usually does not cause a problem. This tube is removed by the transplant surgeon 6 weeks after surgery. In some cases, the removal date may be earlier. It should be noted that from the time of discharge until the removal of the tube, there may be a change in kidney function. In this case, keep yourself and the patch and the drainage area dry and clean and go to the hospital for dressing.

3. **Medication Care**

- **Cyclosporine**, CellCept (Mycophenolate), Prednisolone (Cortan), and Tacrolimus.
- Take your medications exactly according to your doctor's prescription and pay close attention to the dose and time of taking them. Do not change the dose or time of taking them on your own.
- It is better to keep the pills in a cool, dry place and avoid keeping them in hot weather.
- Before taking and consuming the prescribed dose, pay attention to the expiration date.

When taking Cyclosporine, it is better to always use one type of liquid (milk or fruit juice). Because the solvent of this medicine depends on the type of liquid consumed.

If you are not sensitive to the milk, it is better to take the medicine with milk. Do not to take cyclosporine with **Grip fruit** as it may increases the absorption of the medicine and causes more complications.

- To accurately measure the level of medication in your blood, it is better to take it at the exact time.

- Taking Cyclosporine and Tacrolimus makes the skin sensitive to sunlight. If you are exposed to sunlight for a long time, you will get a sunburn. From 10 am to 2 pm, avoid direct sunlight. Use sunscreen and sunglasses.
- Prednisolone pills are better to take with food to prevent stomach irritation. This medicine increases appetite and causes weight gain. To prevent this, eat a suitable and small amount of food and avoid fatty and sweet foods as much as possible.
- Taking Cyclosporine over time causes gum inflammation. If this complication occurs, see your doctor.

- ❖ Avoid taking any medicine without consulting your doctor.
- ❖ Always carry your medicine with you so you can take it on time.
- ❖ If you have sexual intercourse 6 weeks after the transplant, it will not cause a problem.
- ❖ Take your medicine regularly and on time. See your doctor regularly.
- ❖ In case of bleeding in any of the areas after the transplant, wash the area with soap and water and contact your doctor.
- ❖ Observe personal hygiene completely.

Warning Signs

In case of the following, see a doctor as soon as possible:

- ➢ Fever
- ➢ Severe headache
- ➢ Nausea, vomiting
- ➢ Diarrhea
- ➢ Decreased urine output
- ➢ Pain and burning during urination
- ➢ Pain in the kidney transplant area
- ➢ Swelling
- ➢ Discharge from the ear or nose
- ➢ Decreased appetite
- ➢ Increased or decreased blood pressure
- ➢ General weakness
- ➢ Seeing blood in the urine or pain in any area of the body.

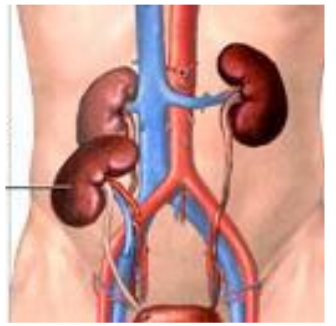
Home Care

- ▪ Use your own objects, such as a comb, towel, spoon, fork and etc. Wash your hands with soap and water before eating and after using the toilet. Please note that drying your hands is very important.
- • After meals, brush your teeth.
- • Do not bite hard and rough things.
- • At least once a week, soak your toothbrush in water and soap and rinse it.
- • Avoid contact with people with colds, flu, etc. If you have a cold, see a doctor.
- • Do not share your food, glass, or spoon with others.
- • If you have a fever, contact your doctor.
- • Avoid prolonged exposure to sunlight and hot and humid weather.
- • To maintain health, exercise such as walking and light sports. Avoid heavy sports.
- • Do not lift heavy objects (more than 5 kg) for up to 3 months after surgery.

Patients should be careful when driving a car. Because the medication may cause drowsiness, especially during the first month after the transplant.

- • Your diet should be low in salt and fat if your blood pressure is high. Avoid foods that are high in salt.

- • Use healthy and clean water.
- • Avoid eating raw and undercooked foods (such as kebabs, sausages, kebab, etc.).
- • Avoid foods that are high in sugar and fat.
- • To prevent infections, observe personal hygiene.
- • Avoid contact with people who have infectious diseases.
- • Do not use public toilets, baths, etc. (if possible).
- • Use a private toilet if possible.
- • In case of diarrhea, nausea, or vomiting, see a doctor.
- • In case of pregnancy, consult your doctor.



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"Patient Education Leaflet: Specialized and Subspecialized Guidance for Kidney Transplant Patients"
Isfahan University of Medical Sciences
Journal of Medical Council of I.R.I, Spring 2015, Volume 33, Number 1, Page 35-40al items such as towels, clothes, combs, etc. (comb, scarf, etc.) exclusively for yourself.
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