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Recovery After a Kidney Transplant

A guide for patients and families

In the Hospital

Most people stay 5 to 7 days. Some new kidneys take days or weeks to start working, and a short time on dialysis does not mean the transplant has failed.

Your Medicines

- Take your anti-rejection medicines every day, on time, for life. Never skip or stop them.
- Ask the transplant team before any new medicine, herb or supplement.
- No grapefruit or pomegranate: they change your medicine levels.

Avoiding Infection

- Wash your hands often and avoid people with colds or flu.
- No raw meat or eggs, or unpasteurised milk products.
- Protect your skin from the sun.
- Ask us before any vaccine.

Activity and Check-Ups

- Walk every day. Lift nothing over 5 kg for 6 to 8 weeks. No driving for 4 to 6 weeks.
- A stent inside is usually removed after 4 to 6 weeks.
- You will have frequent blood tests at first.
- Write down your weight, temperature and blood pressure daily.

Call the Transplant Team Straight Away If

- Your temperature is 37.8°C or higher, or you feel like you have the flu.
- You pass much less urine, or suddenly gain weight or swell up.
- There is pain over the new kidney.
- You are being sick or have diarrhoea and cannot keep your medicines down.
- You have chest pain or trouble breathing: call 140.

Questions after your surgery? Call Dr. Saoud's clinic at AUBMC: 01-350000, ext. 5800. For an emergency, call 140 or go to the nearest emergency department.

This guide gives general information. Always follow the specific instructions that Dr. Saoud and your care team give you.