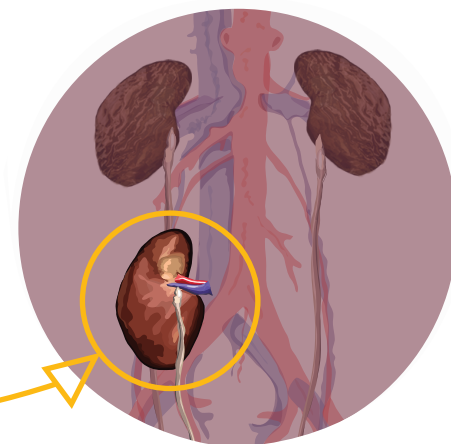


KIDNEY TRANSPLANT - LIFE AFTER TRANSPLANT



Top End Version

After you leave Adelaide you will have to live in town for up to 6 months to have check ups with your kidney doctor and nurse.



You will have to see the kidney doctor and transplant nurse regularly.



You will have to get blood tests to check your kidney function.



You will have to take your tablets.



You will have to drink lots of water.



3 litres a day.



You will have to take care in the sun.



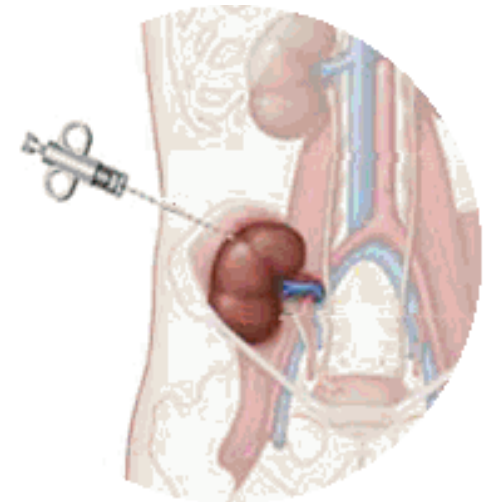
Wear a hat, long sleeves and sunscreen.



You will have to have a kidney biopsy 1 month after transplant and again about 5 months after transplant.



This involves an ultrasound so the doctor can see an image of your transplanted kidney, and then the doctor will take a tissue sample of that kidney.



You will have to have the following good health checks.



Dental Check



Eye Checks





Well Women's Check



Check blood glucose levels and check feet for wounds.

Diabetes and feet

After some time you will be able to go home to your home community.



Back at home you will still have to have blood tests.



Back at home you will still have to take your tablets.



You will have to travel to town every few months to meet the kidney doctor.



You will have to continue having good health checks.



Diabetes



Well Women's

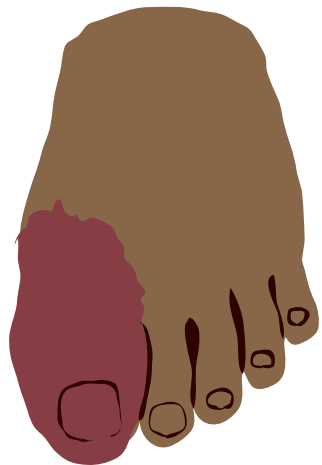


Eyes



Teeth

It is very important to avoid getting infections. If you do get sores or infections see the doctor or nurse straight away to get treatment early.



Infected feet



Infected teeth



Chest infection

After a transplant it is easier to get infections because your body's ability to fight off infection is weaker due to the medicines that you need to take.

If infections are not treated early they can make you really sick. Sometimes people can even die from infections.



Scabies



Boils



Infected urine

You can avoid infections by:

Regular showers



Washing your hands

Brushing your teeth



Washing your clothes

You can avoid infections by:



Keeping your house clean and keeping pets outside.



Keeping a safe distance from people who are sick.



Checking your skin each day for sores.
Use Lyclear cream if you have scabies.



If you get a skin infection
see the doctor or nurse
straight away.



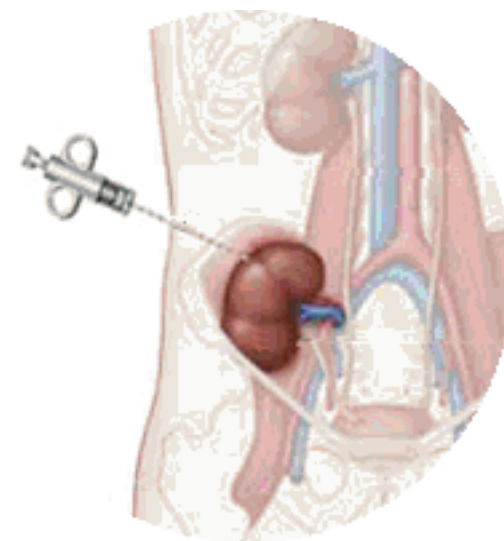
You may feel hot or a pain near the kidney.



If you are feeling unwell, have a temperature, feel pain near the kidney, or you are passing less urine, you will need to see the doctor or nurse **straight away**.

These symptoms may be signs that your transplanted kidney is not working properly. You may need treatment **very quickly**.

You may need to have another kidney biopsy.



The most important things to remember after the transplant are:



Look after yourself and see the doctor ***straight away*** if you feel unwell - ***don't wait.***



Drink plenty of water
-especially in the hot
weather.



Never run out of
tablets.

