



Kidney transplant follow-up at Kent and Canterbury Hospital

Information for patients from the Renal Department

- **Kidney Transplant Nurses**
Telephone: 01227 866443 (Monday to Friday; 8am to 6pm)
- **Marlowe Ward**
Telephone: 01227 783100 (out of hours)

Clinic appointments are important, as your risk of rejection or infection is highest during the first few months and the transplant team will need to monitor you closely. This leaflet will answer some of the questions you have regarding your appointment, but if you still have any queries please speak to the healthcare professional responsible for your care.

What happens when I arrive for my appointment?

You need to report to the Renal Outpatients Department at Kent and Canterbury Hospital, where you will be seen by a consultant or a senior nurse.

Can I bring someone with me to my appointment?

Yes, you can bring someone with you to your appointments.

What happens at the clinic appointments?

- You are weighed
- Your blood pressure is taken
- You have a fluid assessment and urine dip
- Your wound dressing is checked
- You will have a blood test.

How long will my appointment take?

Your first appointment may take up to one hour. After this appointment they generally take 15 to 30 minutes, depending on your individual needs.

How often do I need to come to the Transplant Clinic?

- Immediately after your transplant you will need to come to the Transplant Clinic three times a week for one or two weeks.
- After this you will need to come twice a week for a further five weeks.
- You will then be seen weekly for eight weeks, fortnightly for two months, and then monthly for six months. More frequent visits may be necessary depending on your individual needs.

What will happen about my medication?

When you leave Guy's Hospital you will be given enough medication to last for at least two weeks. **It is very important that you do not run out of medication and that you let the transplant team know when you are running low (you have two weeks supply left).**

You will need to contact your GP surgery as soon as possible after having your transplant, as your GP will need to prescribe everything (including Prednisolone), other than your anti-rejection medication.

It is important to bring any documents that Guy's have given you to your first clinic appointment at Kent and Canterbury Hospital.

The renal pharmacist will see you on one of your first clinic visits. They can answer any concerns or issues you have about your new medications.

What should I bring to my appointment?

It is important to bring all your medication with you to your first clinic appointment at Kent and Canterbury Hospital.

How will I know if I need to change any of my anti-rejection drugs?

One of the transplant nurses will contact you by telephone. You are likely to receive the call late afternoon. It is very important that we are able to contact you and have your up-to-date contact details.

Can I eat normally after having a transplant?

There may be some food you cannot eat during the first few weeks following your transplant. The renal dietician will be able to advise you over the phone or during a clinic visit of any changes you need to make to your diet.

Do I have to pay for my prescriptions?

You may be able to get free prescriptions if you:

- receive certain benefits
- are on a low income
- are aged 60 or over; or
- have certain health conditions.

There may be other reasons why you can get free prescriptions. You can find out more by visiting the NHS web site. (<https://www.nhsbsa.nhs.uk/>)

Am I entitled to hospital transport?

You are entitled to hospital transport for the first six weeks following your transplant. To find out more about the eligibility criteria, please contact G4S on 08000 960211 or via email (Km.Pts1@nhs.net).

Contact details

If you have any questions or concerns, please contact one of the following.

- **Kidney Transplant Nurses**
Telephone: 01227 866443 (Monday to Friday; 8am to 6pm)
- **Marlowe Ward**
Telephone: 01227 783100 (out of hours)

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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