

Do you want to know?

Kidney Transplantation

L06
sheet 1/1

What is it?

A kidney transplantation is the surgical placement of a donor kidney into a patient whose kidneys are no longer functioning adequately, (e.g., chronic renal failure patients who are on dialysis). The donor kidney may be from a living relative or from a recently deceased person.

What do you need to know?

Drugs



Use the medications as prescribed by your physician.

Diet



Refer to a dietitian for a two-phase diet:

- First phase: high calorie, high protein, and low animal fat diet.
- Second phase: low salt, low animal fat diet. Maintain adequate weight.
- Restrict sugar and salt intake if you are taking steroids.

Activity



Remain at bed rest if indicated and reduce physical activities to promote comfort. Ambulate after the surgery as ordered by your physician.

Therapeutic Measures



- Monitor urine output and fluid intake.
- Take your weight every morning.
- Monitor your temperature and blood pressure daily.
- Take a shower or bath daily.
- Lubricate dry skin with lotion.
- Avoid scratching bites or lesions to prevent infection.
- Wash your hands frequently.

Considerations



- Do frequent follow ups with your physician, even if you feel fine.
- Protect yourself from exposure to potential sources of infection like people with any infection.
- Express any feelings of stress, anxiety and uncertainty about the future.
- Inform your dentist that you have a kidney transplant and that you are taking medications that suppress your immunity.
- Report the following signs of transplant rejection:
 - Decreased urine output
 - Swelling of the extremities
 - Fever (high temperature)
 - High blood pressure
 - Weight gain
 - Swelling and tenderness over the transplanted kidney or graft
- Report the following signs of infection:
 - Nausea, vomiting, diarrhea, burning upon urination, frequent urination, sores or white patches in the mouth
 - Temperature above 38.3° C
 - Redness, swelling or pain around any wound
 - Coughing, sore throat or runny nose

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.