

WEIGHT GAIN

Life style modification

- exercise and eat healthy : Avoid sodium rich diet and increase potassium intake intake of complex carbohydrates and consuming small, frequent meals. Avoiding processed and refined sugars and introducing more high quality proteins into your diet to make up for muscle and protein losses.
- Maintenance of a healthy diet should be encouraged
- An ideal weight should be targeted (body mass index (BMI) ≤ 25 kg/m²)
- Weight management services should be available It is suggested that KTRs participate in physical activity at a level similar to that recommended to age and co-morbidity matched counterparts from the general population
- Alcohol consumption should be within national guidelines
Recreational drug use should be avoided
- The use of over-the-counter medications (without discussion with clinical staff) and non-proprietary medications (e.g. herbal medicines) should be discouraged

[1]- Baker, R., Mark, P., Patel, R., Stevens, K., & Palmer, N. (2017). Renal association clinical practice guideline in post-operative care in the kidney transplant recipient. BMC Nephrology, 18(1). doi: 10.1186/s12882-017-0553-2

