

General Health Considerations

Immunizations that you must **NEVER** receive after transplant:

- Small Pox
- Measles, Mumps, Rubella (MMR)
- Varicella (chicken pox)
- Any other live vaccine



If any member of the family (including pets) receives one of these immunizations, they must stay away from you and be out of the house for 7 days to keep you safe.

If you plan to travel to any foreign country that requires any of the above immunizations, please contact your transplant coordinator. We recommend that you do not travel outside of the country for 1 year after transplant.

Immunizations that you may receive 2-6 months after your transplant:

- Polio (injectable) dead virus only
- DPT booster
- Mantoux (TB) test



Important Information

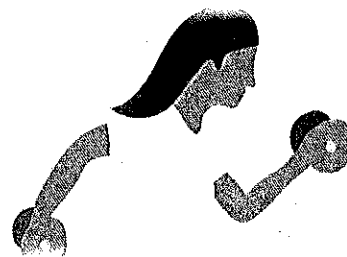
It is highly recommended that family and household members of transplant candidates get the Flu (influenza), Pneumococcal & Tetanus vaccines. Flu every year and Pneumococcal every 5 years.



General Health Considerations

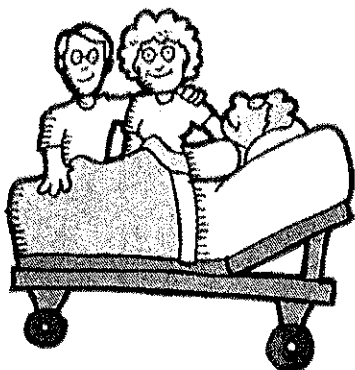
Exercise & Rehabilitation

You must not lift anything heavy, greater than 20 pounds for 8 weeks, which is a bag of groceries or a small child. No straining or pulling abdominal muscles with sit-ups or similar exercises for three months. After 90 days you can resume normal activity with your transplant surgeon's approval.



Most patients resume or start work within 3 months of transplant. We encourage you to return to work as soon as possible, as long as your job does not require heavy lifting, exposure to actively ill persons, or requires you to travel outside the country. Discuss any aspect regarding this subject with your transplant physician.

Visitors

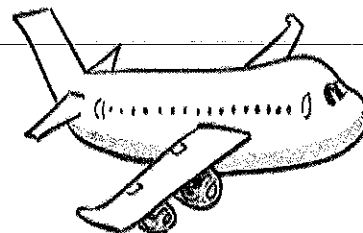


You should not see friends and relatives whom you know are sick. If someone who lives with you gets sick with the flu or a cold, they should follow "normal" precautions such as using a separate drinking glass, covering their mouth when they cough and washing their hands frequently.

If you get sick, notify the post-transplant nurse for proper instructions on what to do.

Traveling on Airplanes

It is recommended to wear a mask while traveling on an airplane due to the recycled stale air that may harbor germs that cause infection. You need to stay in the area for at least 3 months post-transplant and must not travel outside of the country for 1 year unless you get special permission from your transplant physician. You must never travel to a country with an active epidemic. Please check the CDC website before you go to make sure it is safe at www.cdc.gov.



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General Health Considerations

Cuts & Scratches

Keep cuts and scratches clean and dry by washing them with antibacterial soap and water. You may apply antibiotic cream to the area. For larger cuts, cat scratches, and dog bites, etc. always call your post-transplant nurse for proper treatment.



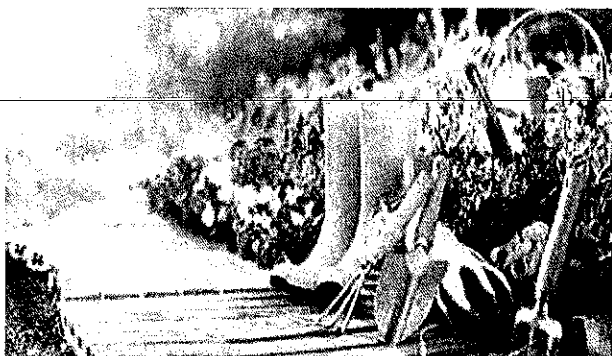
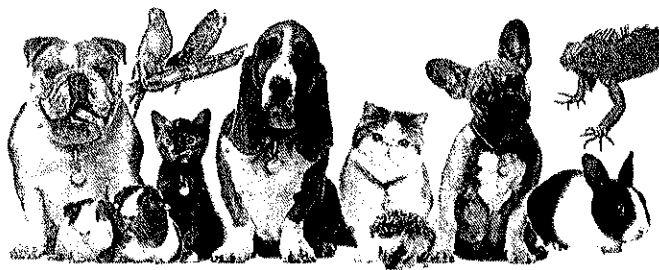
No Smoking



We recommend that you do not smoke. Smoking causes damage to the lungs and makes it easier for you to have lung infections including bronchitis, emphysema, fungal infections, and pneumonia which can be lethal to someone who is immunocompromised. It also affects your heart and can cause cardiovascular consequences.

Pets

- Keep all their shots up to date.
- Trim their nails.
- Do NOT change kitty litter.
- Do NOT change fish tank water.
- Do NOT change bird cages.
- Keep pets away from your face.
- Birds, turtles, and lizards are not recommended pets



Gardening

Avoid digging in soil due to the release of molds that can cause infection.

Always wear a mask and gloves if you need to garden.



General Health Considerations — Mental Wellness

Emotional Times

You have gone through a period of great stress. Coping with the problems of chronic illness, making decisions concerning surgery and hospitalization, and dealing with changes in your lifestyle can lead to feelings of anxiety and depression. Family members or persons close to you may also notice a change in your behavior and need to let your transplant team know if they see this. They also need to make adjustments and be understanding. In addition to this, medicines such as Prednisone cause mood swings. Your transplant team can provide information about personal and family counseling and support through Jackson Memorial Behavioral Health. Social workers are also available to provide information about community programs for financial, vocational and mental health services.



Why do I feel anxiety or depression after my kidney transplant?

Anxiety and depression are common following kidney transplant. You may even become overwhelmed because of all the new things and changes that are happening to you following your transplant. Understand that it is normal to feel the way you are feeling right now and getting the proper support can help.

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General Health Considerations — Mental Wellness

What are the causes of depression and anxiety?

Depression and anxiety may be due to prior health problems, sleep disorders, or stress from the transplant itself. For example, it is normal to worry about the health of the living donor or the tragedy the deceased donor's family felt. Some anti-rejection medications may also cause depression or mood swings until your body acclimates. Each case is different and addressing your feelings with your healthcare provider is the best way to get the support you need.

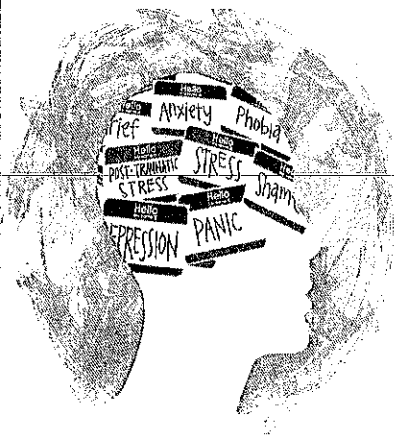
What should I do if I feel anxiety or depression?

Discuss these issues with your transplant team to determine if treatment is needed. It is important to follow-up with your primary care doctor or psychiatrist as well for long-term management. They can plan the right treatment for you to help you through this period. If you need help finding a psychiatrist, we can provide you with a referral.

Can my anxiety or depression affect the health of my transplant?

Yes. Mental/psychiatric disorders are likely to negatively affect post-transplant adherence and therefore put your new kidney in jeopardy.

When should I seek out a behavioral health provider? If you have:



- Poor social support/absence of family caregiver
- Self-destructive behavior such as alcohol or substance abuse
- A history of not following with medical and mental health treatment
- A feeling of not wanting or inability to understand the need for improvement
- Dysfunctional personality traits and disorders/unhealthy relationships

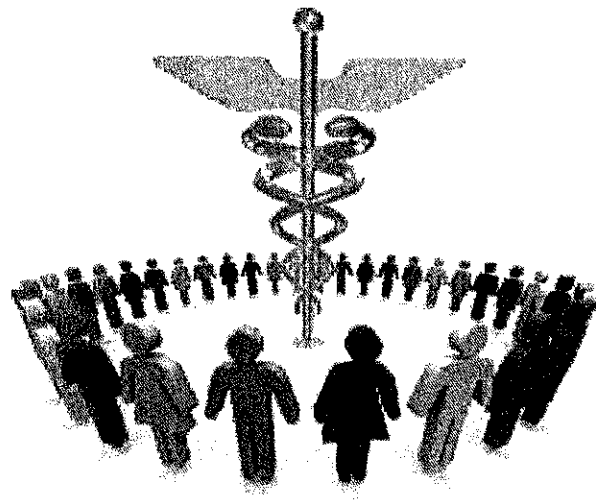
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General Health Considerations

Female Transplant Patients

You need to get a PAP smear and breast examination every year.

Female patients generally resume their menstrual cycles after transplantation. High doses of steroids may stop your menstrual cycle, but ovulation (the time when you are fertile) will continue. **So you may become pregnant even though you are not having normal periods.** You must use birth control after transplant. Your immunosuppression medication is known to cause birth defects. If you wish to become pregnant, you must talk with your transplant team as your medication needs to be changed.

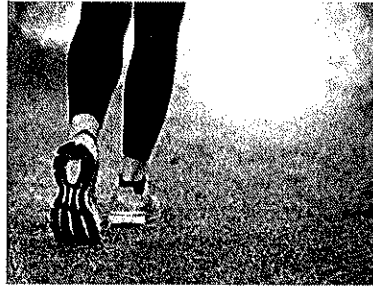


Male Transplant Patients

Impotence (the inability to have an erection) is a somewhat frequent problem for patients in renal failure and especially those on dialysis. If you were not impotent on dialysis, your sexual functioning will probably remain the same as it was before transplant. If you notice any change in your sexual ability, please do not hesitate to discuss with your transplant team for a referral to urology. You must use birth control after transplant. Your immunosuppression medication is known to cause birth defects. If you wish to father a child, you must talk with your transplant team as your medication may need to be changed. □

Activities Post Transplant

1st Month Walking



2nd Month Swimming



3rd Month Riding Bike



**Not Allowed for 4—6 Weeks After
Transplant:
Sexual Activity and Driving**

You will be able to resume driving and sexual activity 4-6 weeks after the transplant as directed by your surgeon. This is applicable for both males and females.



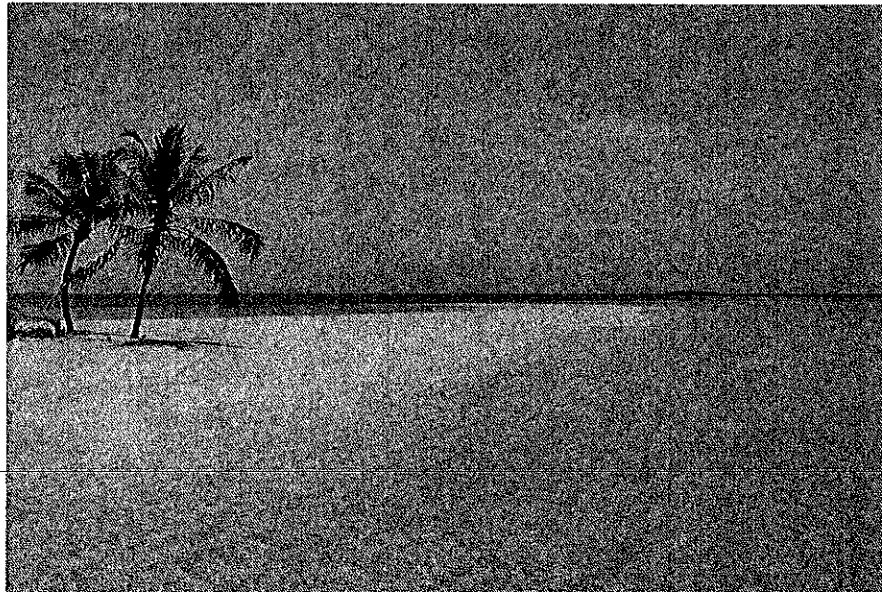
General Health Considerations

Sun Exposure

Your immunosuppression medicines make you extremely sensitive to the sun. You may burn and tan quicker and to a greater degree than before your transplant. Skin and lip cancers occur more frequently in people who have a lot of sun exposure and/or are immunosuppressed.

Ultraviolet rays are present even on cloudy days and in shady areas. We advise you to protect your skin from ultraviolet exposure by wearing a wide-brimmed hat, long sleeves and pants, and use a sunscreen lotion with SPF 50 or greater on any exposed areas. Swimming should be done in the late afternoon rather than midday, and sunscreen SPF 50 or greater should be applied a minimum of 15 minutes prior to swimming and reapplied frequently.

YOU MUST SEE A DERMATOLOGIST EVERY YEAR TO HAVE YOUR SKIN CHECKED.



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