

Frequently Asked Questions – Post Transplant Clinic

When should I call the clinic?

We are here to help, so PLEASE call us if you have any questions or concerns after your transplant! In particular, you should let us know if you have any of the following: a low grade fever (99 – 100) lasting for more than a few days or a temperature spike (greater than 101) or any fever with chills; a weight gain of more than 2 pounds in a 24 hour period or 6 pounds in one week; a significant change in blood pressure; a decrease in urine output; pain and tenderness over your new kidney; pain, burning or urgency with urination.

How do I reach a nurse on call for an emergency?

We want you to be able to reach us whenever you need to. Most questions/concerns can be addressed during clinic hours from 7:30 – 3:00 Monday through Friday. However, there are times when an emergent issue arises after clinic hours or on holidays and there is a nurse available 24 hours a day. Please call the hospital operator at 816-932-2000 and ask them to page the Kidney Transplant Nurse On-Call.

How do I get a refill on my medications?

Most of your routine medications are refillable for one year. When you are running low, simply call your pharmacy to request a refill. If there are no additional refills remaining, your pharmacy will contact us for authorization. Please remember to allow 48 hours for prescriptions to be refilled. Do not wait until you are OUT of medication to call us. If you use a mail order pharmacy, allow at least two weeks to process your refill.

Where/when do I have my labs drawn?

You will need to have labs drawn with each clinic visit. Labs should be drawn at the Peet Center Outpatient Lab between 7:00 and 8:00 am, unless other arrangements have been made to have labs done prior to your appointment. You should not take your medications or eat breakfast before your labs are drawn.

How long do I need to wear my mask?

You will need to wear a mask for the first few weeks after transplant because the medications you are on leave you more susceptible to infections.

When can I drive?

To allow for maximum healing of your incision, you should not drive for the first 2-3 weeks after your surgery.

Do I need to follow a special diet?

If you are a diabetic, you will need to continue your diet as before. For most transplant patients, a diet low in fat, sugar and salt will help to control blood sugar, weight and blood pressure. Please feel free to discuss any dietary concerns with us. We can refer you for outpatient nutritional counseling if necessary.

General Guidelines to follow

- Avoid overexposure to the sun – always use sunscreen.
- Don't smoke.
- Exercise is important to build strength and avoid muscle weakness.
- Check with the transplant team before having dental work done to see if antibiotics are necessary.