

## **What to Expect After Your Kidney Transplant**

### **Post Transplant Outpatient Clinic**

After your discharge from the hospital you will be seen on a regular basis in the outpatient transplant clinic. Our clinic is located in Medical Plaza Building I at 4320 Wornall Rd. Suite #304. Our clinic hours are 7:30 – 3:00 Monday through Friday; however, there is always a Clinic Nurse on call 24 hours a day, seven days a week for *emergent needs*. Clinic Phone Number: 816-932-5776.

Follow up care initially involves returning to the outpatient clinic at least weekly for the first month. With each clinic visit you will have blood tests done to closely monitor your progress. After this initial period, patients are seen at a frequency which is determined by their condition.

Clinic visits are typically done in the morning. You will go to the Outpatient Lab to have your blood drawn and then will come to the clinic. You will be seen and assessed by a Kidney Transplant Clinic Nurse and then will be asked to wait in the waiting room until your lab results are back and reviewed, or until you are seen by the Physician/ Nurse Practitioner. This can sometimes be a very long morning; you are free to leave and have breakfast and then return to clinic. Please feel free to bring a book/other reading materials with you to help pass the time.

While your follow-up care will continue throughout the life of your new kidney, how long and how often you will be seen in the Out Patient Transplant Clinic will vary from patient to patient. After your initial follow-up period, patients will return to their referring physicians for long-term care.

### **Patient Responsibility**

Transplantation can greatly improve the quality of a patient's life, and it also demands work from them. Patients must become active partners in their care along with the transplant clinic staff. You will be asked to keep records of your blood pressure, weight, and temperature, along with intake/output and bring this to clinic with you to be reviewed. At each clinic visit your medications will be reviewed and you will be assessed by the nurse. This is a good time to share any concerns you may have, and/or ask any questions.

### **Medications**

Transplantation has become so successful in the recent years largely due to newer and more effective medications which help to prevent rejection of the transplant by the body. It is necessary for you to take these medications for the rest of your life following transplant.

### **Your Clinic Staff**

The transplant team is committed to helping our patients receive the best treatment available.