

General Health Considerations

Cuts & Scratches

Keep cuts and scratches clean and dry by washing them with 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.

Sun

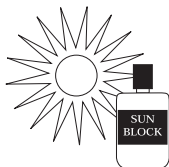
The immunosuppressant medicines make you sensitive to the sun. You may burn and tan quicker and to a greater degree than before your transplant. Skin and lip cancers occur more frequently in people who have a lot of sun exposure and/or are immunosuppressed. Ultraviolet rays are present even on cloudy days and in shady areas. We advise you to protect your skin from ultraviolet exposure. We recommend that you wear a wide-brimmed hat, long sleeves and pants, and use a sunscreen lotion on any exposed areas. Swimming should be done in the late afternoon rather than midday, and lotion should be applied a minimum of 15 minutes prior to swimming and reapplied frequently.

The following lotions are recommended:

1. Presun (Westwood) in a clear base solution or gel
2. Sundown (J & J) in a cream base
3. Pabanol (Elder) in a clear base solution

To protect your lips:

1. A-fil Sunscreen sunstick
2. RV Paba lipstick



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.



Exercise & Rehabilitation

No heavy lifting, greater than 20 pounds, 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 physician's approval.



We encourage you to return to work as soon as possible, as long as your job does not require heavy lifting. Discuss any aspect regarding this subject with your transplant physician.

We recommend that kidney and kidney-pancreas transplant patients refrain from jogging or horseback riding.

General Health Considerations Continued

Sexuality

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



Female Transplant Patients

A PAP smear and breast examination is needed every six months for the first year and yearly thereafter. Please send the report into the Post-Transplant Office.

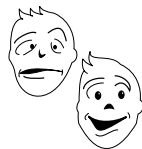
Female patients generally resume their menstrual cycles after transplantation. High doses of steroids may stop the menstrual cycle, but ovulation (the time when you are fertile) will continue. Therefore, you may become pregnant even though you are not having normal periods. Methods of birth control should be discussed with your transplant surgeon and gynecologist.

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 ask us for advice.

Emotional Periods

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 need to make adjustments and be understanding. In addition to this, medicines



such as Medrol cause mood swings. A psychologist who is part of the transplant team is available to provide information about personal and family counseling and support. Social workers are also available to provide information about community programs for financial, vocational and mental health services.

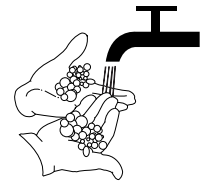
Urinary Tract Infections

Any infections in your urine usually indicates a "bladder infection" and often are called a urinary tract infection or UTI.

Routinely, you will have a urine culture done when you come in for your follow-up blood work. If you have burning when you urinate (pass your urine), if you are urinating very frequently, or if your urine smells "bad," let the post-transplant nurse know right away.

Prevention of Infection

Hand washing is the single best deterrent to transmission of germs. Wash your hands frequently and use antibacterial soap whenever possible.



It is a good idea to carry hand wipes or antibacterial lotion (which does not require water) with you in case you are not near a facility.

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.

General Health Considerations Continued

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.

Pets

- Keep all their shots up to date.
- Trim their nails.
- Do NOT change kitty litter.
- Do NOT change fish tank water.
- Birds, including pigeons, are NOT acceptable.



Gardening

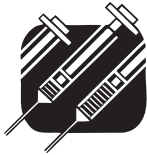
- Avoid digging in soil due to the release of molds that can cause infection.
- Always wear a mask and gloves if you need to garden.

Dentist

You will need to take antibiotics starting the day before your visit to the dentist. Please call your coordinator for prescriptions.

Immunizations/Vaccinations

Immunizations that you must NOT receive:



- Small Pox
- Measles
- Rubella
- Heptovac (physician’s option)

If you plan to travel to any foreign country that requires any of the above immunizations, please contact your transplant nurse.

Immunizations that you may receive after 1 year post-transplant:

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

You are encouraged to return to your regular physician post-transplant.

Before having any medical or surgical procedures, please call your transplant nurse.

Please check with your transplant nurse before taking any medicines prescribed by another physician.

Important

If you are ever exposed to chicken pox, please call us as soon as possible.



NEVER EAT GRAPEFRUIT OR DRINK GRAPEFRUIT JUICE

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