



What to expect after your kidney transplant

July 25, 2017

In the hospital

- Usually stay 5 - 7 days
- May need dialysis until the kidney “wakes up” and starts working
- You will start your new anti-rejection medicines



Coming to clinic

- Come to St. Michael's twice a week for the first month
 - ex. Monday for blood tests and clinic, Thursday for blood tests
- After the first month, can do blood tests at LifeLabs
- No driving for the first month
- Bring someone with you to appointments



Living with a transplant

- Stay active, even right after surgery
- Avoid sick people
- Be careful when taking care of pets



- Return to work or school after 3 months
- Can travel outside the country after one year



How can I prepare for life after transplant?

- Let your specialists know you are waiting for a transplant
 - When would they like to see you after transplant?
- Start looking for a family doctor if you don't have one
- Find out about the shingles vaccine **BEFORE** transplant

