




Your Weekly Schedule

Your coordinator will arrange for your first clinic visit and lab draws before you leave the hospital. You need someone to drive you every time until your doctor says you can drive.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labs 8am to 9am	Clinic Visit		Labs 8am to 9am		

Labs	
When?	<ul style="list-style-type: none"> • Every Monday and Thursday morning between 8am and 9am <ul style="list-style-type: none"> ○ Get your blood drawn 12 hours after your night time dose of Tacrolimus ○ Take your Tacrolimus after your lab draw
Where?	<ul style="list-style-type: none"> • Talk to your coordinator about choosing a lab that works for you
When can I come less often?	<ul style="list-style-type: none"> • Probably after 6 weeks
Clinic Visits	
When?	<ul style="list-style-type: none"> • Every Tuesday morning for the first month after your transplant
Where?	<ul style="list-style-type: none"> • At the Cypress Building <ul style="list-style-type: none"> ○ 2221 Stockton Blvd (near Parking Structure)
When can I come less often?	<ul style="list-style-type: none"> • Probably after 4 weeks

Check these things every day and write them in your diary. Bring your diary to clinic every week.

What to Check	How Often?	When should you call your Transplant Coordinator?
<p>Weight</p> 	<p>Every morning</p>	<p>If you gain more than 2 pounds in a day (for 2 days in a row) OR if you gain more than 4 pounds in a week</p>
<p>Temperature</p> 	<p>Every morning and night for 4 weeks</p>	<p>If 100.5°F or higher (2 times one hour apart)</p>
<p>Blood Pressure</p>  <p>Bring your cuff to your first clinic visit</p>	<p>Every morning and night for 6 weeks, then every morning after that</p>	<p>If the systolic blood pressure (top number) is over 180 or less than 95</p>
<p>Blood Sugar (if your doctor says you need to)</p>	<p>4 times a day Before each meal and at bedtime</p>	<p>If your blood sugar is staying over 300 or dropping to less than 80</p>

At Home

Your Incision (cut)	<ul style="list-style-type: none">• You may shower when you go home• No baths or swimming until the incision is healed• Call your coordinator if your incision is red and hot, leaks fluid, or opens up
Urine	<ul style="list-style-type: none">• Go to the bathroom every 2-3 hours to empty your bladder• Call your coordinator if you have more blood in your urine than you had in the hospital
Activity	<ul style="list-style-type: none">• Walk at least 10 minutes 3 times a day• Do not lift more than 10 pounds for the first 6 weeks• Do not drive until your doctor says it is okay
New Medicines	<ul style="list-style-type: none">• Check with your transplant coordinator or kidney doctor before you take any new medicine<ul style="list-style-type: none">○ This includes medicines from your other doctors, over-the-counter-medicines, and herbal medicines
Food	<ul style="list-style-type: none">• No grapefruit or pomelo• Limit high potassium foods
Skin Care	<ul style="list-style-type: none">• Your risk for skin cancer is much higher than normal• Wear 45+ sunscreen when you leave the house<ul style="list-style-type: none">○ Be sure to put sunscreen on your head and hands○ Reapply according to the label• Wear long sleeves and a hat with a wide brim
Medic Alert Tag	<ul style="list-style-type: none">• You need a MedicAlert tag• Get the info from your nurse or from medicalert.org• Wear it so that every medical person who cares for you will know that you had a transplant

CALL 911 if you have chest pain, shortness of breath, or dizziness

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Call your Transplant Coordinator For These Problems

Medicines	<ul style="list-style-type: none">● If you have trouble getting your medicines● If you lose your insurance (or think you might)<ul style="list-style-type: none">○ Call your Transplant Financial Coordinator○ Call your Transplant Coordinator○ Call every day and never stop taking your medicine!
Signs of Rejection	<ul style="list-style-type: none">● Rising creatinine (waste product in blood)<ul style="list-style-type: none">○ we will know this from your lab tests● Fast weight gain<ul style="list-style-type: none">○ more than 2 pounds in a day (2 days in a row)○ more than 4 pounds in 1 week● Making less urine while drinking same amount● New soreness over the new kidney● Feeling sick<ul style="list-style-type: none">○ like you have the flu
Signs of Infection	<ul style="list-style-type: none">● Fever 100.5° F or higher<ul style="list-style-type: none">○ 2 times at least 1 hour apart● Chills● Trouble breathing● Coughing up yellow or green sputum.● Pain or burning when you urinate (pee)● Sore throat● Diarrhea (loose stools)<ul style="list-style-type: none">○ Call if you have more than 4 loose stools in 24 hours● Vomiting and being unable to eat or drink<ul style="list-style-type: none">○ Call if you throw up more than 2 times in 24 hours

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Stay Healthy	<ul style="list-style-type: none"> ● Wash your hands often ● Stay away from sick people ● Wear a mask when you go to clinic, lab, Emergency Rooms, and on airplanes
Flu Shots	<ul style="list-style-type: none"> ● You and the people who live in your house should get a flu shot every year ● All of you should avoid the flu vaccine that goes in your nose (FluMist)
Other Shots	<ul style="list-style-type: none"> ● Never get a live virus vaccine (injection only) ● Never get a shingles vaccine ● Ask your transplant doctor before you get any vaccines besides the flu shot
Dirt and Mold	<ul style="list-style-type: none"> ● Dirt can contain molds that cause lung infections ● Avoid digging in the dirt for the first 6 months after your transplant <ul style="list-style-type: none"> ○ After that, you should wear gloves and a mask when you dig in the dirt <ul style="list-style-type: none"> ○ Always wash your hands after you touch dirt ● Avoid breathing in dirt or mold <ul style="list-style-type: none"> ○ Wear a mask if you are in dusty air or are digging in the dirt ○ If there is mold in your house, someone else should clean it up ○ Wear a mask if you have to work on heating ducts, water pipes, and other damp areas

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Water	<ul style="list-style-type: none"> ● Ok to swim in clean ocean water and chlorinated pools after your wounds are healed ● Avoid swimming in public hot tubs, lakes, rivers, and ponds ● Keep home hot tubs clean <ul style="list-style-type: none"> ○ See www.healthyswimming.org
Animals	<ul style="list-style-type: none"> ● Keep your pets healthy; stay away from them if they are sick ● Wash your hands after you touch your pet ● Do not touch your pet's poop or clean the cat's litter box ● Cats and dogs are ok ● Do not get a pet bird or reptile ● Talk to your transplant team if you already have a bird or reptile
Mosquitos	<ul style="list-style-type: none"> ● Avoid mosquito bites because they can cause West Nile Virus infection (see www.cdc.gov/westnile) <ul style="list-style-type: none"> ○ Wear mosquito repellent and long sleeves in areas where you might be exposed to mosquitos ○ Mosquitos are out the most at dawn and dusk ● Get rid of standing water in your yard
Family Planning	<ul style="list-style-type: none"> ● Mycophenolate and Valcyte can cause birth defects <ul style="list-style-type: none"> ○ Women must have an effective birth control plan before they leave the hospital ○ Men should not father a baby until they have been off of Valcyte for 3 months ● Talk to your transplant doctor if you are interested in having a baby in the future ● Women must wait at least one year before planning a pregnancy. You must talk to your transplant doctor before planning a pregnancy. <div data-bbox="1177 1451 1356 1753" style="text-align: right;">  <p>DO NOT GET PREGNANT</p> </div>

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