

# PEDIATRIC TEACHING FOR KIDNEY TRANSPLANTS



<b>CLINIC VISITS</b>	
<b>WHEN?</b>	2-3 Times Per Week *Transplant Coordinator will schedule your future visits
<b>WHERE?</b>	Glassrock Building 2521 Stockton Blvd, 2 <sup>nd</sup> floor sub-specialty clinic Sacramento, CA 95817
<b>OFFICE HOURS?</b>	Monday thru Thursday: 8 a.m. – 5 p.m. Friday: 9 a.m. – 5 p.m.
<b>WHEN CAN WE COME LESS OFTEN?</b>	After the first 4 weeks and transplant is functioning well, you will be expected to come less often.
<b>LAB DRAWS</b>	Labs will be done on the same day as clinic visits

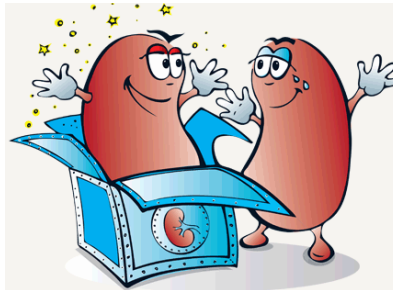
<b>RULES FOR SCHOOL</b>
<ul style="list-style-type: none"> <li>• Please ask your kidney doctor how long your child will need to stay home from school after surgery (usually 6 weeks).</li> <li>• Upon return to school, your child should stay away from those who are sick.</li> <li>• Make sure to wash hands frequently.</li> <li>• Talk to your kidney doctor before participating in contact sports.</li> </ul>

## HOME MONITORING

<i>What to Check</i>	<i>How Often</i>	<i>When to Call</i>
<b>TEMPERATURE</b>	Daily: Record in Transplant Diary	If temperature is > 100° F
<b>URINE OUTPUT</b>	Keep count of how many times your child pees every day	If you notice your child is peeing less than usual

## HOME CARE


<b>CARING FOR INCISION</b>	<ul style="list-style-type: none"> <li>Ok to shower when he or she goes home</li> <li>Avoid baths or swimming until incision is healed</li> <li>Avoid direct water stream to incision</li> </ul>
<b>URINE</b>	<ul style="list-style-type: none"> <li>Remember to pee!</li> </ul>
<b>SKIN CARE</b>	<ul style="list-style-type: none"> <li>Always apply sunscreen (SPF 45+) when outdoors</li> <li>Limit sun exposure by wearing a hat and long sleeves</li> </ul>
<b>DRINK WATER</b>	<ul style="list-style-type: none"> <li>Fluid intake varies depending on size of transplanted kidney</li> </ul> <p style="text-align: center;">How much water should my child drink?</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">(Please ask your kidney doctor &amp; fill in blank)</p>
<b>FOOD SAFETY</b>	<ul style="list-style-type: none"> <li>Wash all fruits &amp; vegetables</li> <li>Cook meats, fish, poultry, and eggs well</li> </ul>
<b>FOODS TO AVOID</b>	<ul style="list-style-type: none"> <li>NO grapefruit or grapefruit juice or pomelo</li> <li>NO raw fish</li> <li>NO rare meat</li> <li>AVOID milk 2 hours BEFORE taking Mycophenolate</li> <li>AVOID milk 2 hours AFTER taking Mycophenolate</li> </ul>



## MEDICATION LIST

<b>ANTI REJECTION</b>	Mycophenolate (Cellcept) Tacrolimus (Prograf)
<b>ANTI INFECTION</b>	Bactrim Valcyte Fluconazole (Diflucan)
<b>MAINTENANCE</b>	Aspirin Colace Pepcid Pravastatin
<b>FAMILY PLANNING</b>	
<p>Because Mycophenolate can cause serious birth defects, unplanned pregnancies are especially risky. When the time comes, please discuss family planning and birth control options with your transplant coordinator or kidney doctor.</p>	
<b>NEW MEDICATIONS</b>	
<p>Please do not start taking new medications, herbals, or supplements without talking to your kidney doctor first.</p>	
<b>MEDIC ALERT ID</b>	
<p>Your child must wear a Medic Alert ID. Get the info from the nurse or from <a href="http://medicalert.org">medicalert.org</a>. Have your child wear it so that every medical person caring for him/her will know that he/she had a transplant.</p>	

# WHEN TO CALL YOUR KIDNEY DOCTOR

SIGNS & SYMPTOMS OF: <u>REJECTION</u>	SIGNS & SYMPTOMS OF: <u>INFECTION</u>
<ul style="list-style-type: none"> <li>• <b>Increased creatinine</b> □ Your doctor will notice this in your lab</li> <li>• Fast weight gain</li> <li>• Fever</li> <li>• Decreased urine output</li> <li>• Soreness around kidney</li> <li>• Flu-like symptoms</li> </ul> <div style="text-align: center; margin-top: 10px;">  </div>	<ul style="list-style-type: none"> <li>• Chills or Fever</li> <li>• Cough with yellow, green, or bloody sputum</li> <li>• Headache</li> <li>• Shortness of breath</li> <li>• Pain/burning with urination</li> <li>• Bloody urine</li> <li>• Diarrhea, loose or bloody stools</li> <li>• Redness or drainage from incision</li> <li>• Sore throat, swollen lymph nodes around neck</li> <li>• Any unusual type of pain</li> </ul>

## KEEP YOUR CHILD SAFE

STAY HEALTHY	FLU SHOTS
<ul style="list-style-type: none"> <li>• Wash your hands often</li> <li>• Avoid sick people</li> <li>• Have your child wear a mask when you go to clinic, lab, emergency rooms, airplanes for 6 weeks after transplant</li> </ul>	<ul style="list-style-type: none"> <li>• All members of the household must get a <b>flu shot</b> every year</li> <li>• AVOID vaccine that goes in your nose (FluMist)</li> </ul>
OTHER SHOTS	WATER
<ul style="list-style-type: none"> <li>• <b>NEVER</b> get a live virus vaccine</li> <li>• <b>NEVER</b> get a shingles vaccine</li> <li>• Ask your transplant doctor before your child receives any vaccines other than the flu shot</li> </ul>	<ul style="list-style-type: none"> <li>• After wounds are healed, OK to swim in clean ocean water and chlorinated pools</li> <li>• Avoid public hot tubs, lakes, rivers, and ponds</li> <li>• Keep home hot tubs clean</li> <li>• For more information: <a href="http://www.healthyswimming.org">www.healthyswimming.org</a></li> </ul>
DIRT & MOLD	ANIMALS
<ul style="list-style-type: none"> <li>• Dirt &amp; mold can cause lung infections</li> <li>• Avoid digging in the dirt for the first 6 months after transplant               <ul style="list-style-type: none"> <li>◦ After 6 months, OK to wear gloves &amp; mask when digging dirt</li> </ul> </li> <li>• Wear mask if you are in dusty air, digging in dirt, working on heating ducts, water pipes, and other damp areas</li> <li>• ALWAYS wash hands after touching dirt</li> </ul>	<ul style="list-style-type: none"> <li>• Keep pets healthy; avoid animals if they are sick</li> <li>• Wash hands after touching pet</li> <li>• Do not touch pet's poop. Do not clean cat litter box</li> <li>• OK to have cats &amp; dogs for pets</li> <li>• Do not get pet bird or reptile</li> <li>• Talk to the transplant team if you already have a reptile or bird</li> </ul>
MOSQUITOS	
<ul style="list-style-type: none"> <li>• Avoid mosquito bites because they can cause West Nile Virus Infection</li> <li>• Mosquitos are out usually at dawn and dusk</li> <li>• Protect your child with: mosquito repellent, long sleeves, getting rid of standing water in your yard</li> <li>• For more information: <a href="http://www.cdc.gov.westnile">www.cdc.gov.westnile</a></li> </ul>	