

Prevention of infection after your kidney transplant

Staying well after a kidney transplant



Immunosuppressant medications are very important to decrease your risk of rejection after a transplant, but they also slow down the body's defence against infection.

This means that transplant patients are more likely to get infections which can be more serious and take longer to recover.

Prevention how to take extra care



✓ Wash your hands a lot.

✗ Where possible avoid contact with people who have infections, such as colds, flu or gastro.



✓ Be careful in the garden.

✓ Always wear a mask and gloves when handling compost and mulch.

✗ Compost and mulch is full of germs that you can inhale into your lungs and become very sick. Avoid contact if possible.



✗ Check the house for obvious signs of mould. Mould is common in humid spaces like the bathroom.

Ask someone else to clean the mould for you if you see it.

✗ If possible, avoid areas undergoing major construction works.



Prevention how to take extra care



✓ Ensure good dental care.

✓ Wear shoes if you are walking outdoors.



✓ Look after cuts and wounds.

✗ If they are slow to heal or if signs of infection, like fever, pain, swelling or redness, see a doctor.



✓ Practise good food hygiene.

✓ Prevent mosquito bites.



✓ Only drink water from safe sources.

✗ Avoid accidentally swallowing water during activities such as swimming, diving, boating, using a hot tub.



✓ Discuss any travel plans with a doctor to identify any particular infection risks.



How to take extra care



Vaccination

- ✓ Discuss all your vaccinations with your kidney doctor.
- ✓ Make sure your vaccinations are up to date before the transplant.
- ✓ Be vaccinated for COVID-19 and have your booster as recommended.
- ✓ Have the flu vaccine every year.



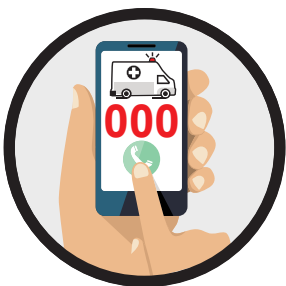
Treatment

- Seek help early
 - If you have signs of infection like a fever, cough or diarrhoea.
- See a doctor sooner rather than later.**



Do not take herbal medications

- ✗ Such as Echinacea or other immune stimulants as **they can cause rejection.**



For further information or advice contact:

Your general practitioner (GP) or kidney doctor. **If you are unwell go to your local emergency department or phone: 000.**



“We would like to respectfully acknowledge the Traditional Owners of the land on which the Princess Alexandra Hospital is located, the Jagera and Turrbul people.”