



CHECKPOINT I: Recovery and Life After Transplant

Congratulations! You received your new kidney. Be sure to follow your doctor's orders for a speedy and easier journey to recovery. Below are important items to keep in mind as you adjust to your new kidney:

Recovery:

- Make sure you understand your after-transplant care instructions. When in doubt, ask for help from your support person or your transplant care team.
- Recovery times range from person to person. Do not rush your recovery time.
- Your anti-rejection medicines will lower your immune system function to prevent rejection. This can increase your risk of infections. Wash your hands regularly and maintain good hygiene to avoid infection.
- Attend all your post-transplant appointments. Do not miss an appointment.
- Take your time getting around to avoid any falls and injuries.

Life After:

- Your anti-rejection medicines keep your body from rejecting your new kidney. Take as prescribed by your doctor. Set alarms to remind you when to take your medications.
- Diet plays a big role after your transplant. You can drink more fluids and eat foods that were once restricted. Ask your dietician to help you find a diet that is right for you.
- You might see changes to your body after surgery, such as weight gain. Maintain a healthy weight by exercising regularly and maintaining a good diet.
- Enjoy your life and your new kidney!
- See **Checkpoint J** on how to give back and help others.

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To file a grievance, contact the following agencies:
 ESRD Network 8 - Phone: 1-877-936-9260; Email: nw8info@allianthealth.org; Mail: 775 Woodlands Pkwy, Suite 310, Ridgeland, MS 39157; Website: <https://quality.allianthealth.org/topic/esrd-nw8/> - For patients and facilities in AL, MS, TN. Produced under contract numbers: ESRD Network 8: 75FCMC19D0005-75FCMC21F0001
 ESRD Network 14 - Office: 972-503-3215; fax: 972-503-3219; Toll-free: 877-886-4435; Email: nw14info@allianthealth.org; Mail: 4099 McEwen Rd, Suite 820 Dallas, TX 75244; Website: <https://quality.allianthealth.org/topic/esrd-nw14/> - For patients and facilities in TX. Produced under contract numbers: ESRD Network 14: 75FCMC19D0005-75FCMC21F0002
 Comagine Health ESRD Network 16 at: 800-262-1514 | P.O. Box 33400, Seattle WA 98133-0400. Produced under contract numbers: ESRD Network 16: 75FCMC19D0005