

Post-Transplant Kidney Care

Travel

It is important to take your medications exactly as prescribed to prevent your body from rejecting your new kidney. If you are experiencing side effects, talk to your team.



[After Your Transplant
Medication Management Tips](#)

Self Care

Some people find creating a daily routine helpful after transplant. Do what works for you at your own speed.



[Making a Routine](#)

Regular Follow-Ups

To keep your new kidney healthy, it is crucial to complete your lab work and follow up with your transplant team.



[Family Doctor Registry](#)

Other Tips

- Dental hygiene prevents infections
- Wash your hands often
- Follow sun safety tips
- Check your skin monthly
- Talk to your transplant team about returning to work or school



[Health Guide for Patients
After Transplant](#)

Diet

Eating well to nourish your body and having an adequate water intake is important to recovery. Reach out to your dietitian to learn more.



[Nutrition After Kidney Transplant
BC Renal - Diet](#)

Exercise

Re-introduce physical activity safely and try to move everyday.



[BC Renal Exercise
Staying Active](#)

Sleep

It is important to rest your body and get enough sleep.



[Sleep Tips](#)

[Sleep Diary](#)

Alcohol and Smoking

To keep your new kidney healthy, avoid smoking and limit alcohol. Reach out to your team if you want support with this.



[Reducing Drinking](#)

[Quit Now BC](#)

Health Identity

Many people need time to adjust to being “healthy” and managing their condition, especially those who have been on dialysis a long time, or have had a kidney/pancreas transplant.



[Peer Connect](#)

Staying Connected

Stay connected to your friends and family. You may feel a loss of community if you are leaving dialysis. Connecting with others after transplant can help rebuild a sense of community.



[Peer Connect](#)

Mental Health

Recovery from transplant is not just about your physical health, it is about your mental health, too. Some individuals may experience changes in mood, levels of worry, or motivation. You are not alone, this is a team effort. Reach out to your social worker to talk about available supports.



[Affordable Therapy Network](#)



[CBT Skills Foundations for Mental Health](#)



[Living Life to the Full](#)



[Mental Wellness for Men](#)



[Bounceback](#)



[Free Counselling Canada \(Online\)](#)



[Mindfulness-Based Stress Reduction](#)

Mental Health Referral Line 310-6789 (no area code)