

# Chapter 1: Introduction

## Introduction

Use this booklet to help you:

- and your family members adjust to life after your transplant
- prepare you to take the best care of your transplant as possible.

Write down notes, questions or concerns in this book.

Bring your book with you to any follow-up appointments to have your questions or concerns discussed.

## Your Health Care Team

You will have several health care providers working with you during your recovery and long-term follow up. Each person has a unique role in your care.

- **Nephrologist:** He or she will see you regularly for routine exams in the Kidney Transplant Clinic and manage your medications.
- **Transplant surgeon:** He or she will see you every day in the hospital while you recover from surgery. He or she will see you after discharge as needed.
- **Transplant coordinator:** This is a registered nurse who is trained in transplant. He or she will follow you throughout your post-surgery care.
- **Pharmacist:** He or she will help manage your medications and answer questions about your medications.
- **Social worker:** He or she will help make arrangements for returning home, help find community resources and support, and answer insurance questions.
- **Dietitian:** He or she will help with questions about your diet and nutrition.
- **Primary care provider (PCP):** This is your regular doctor. Follow up with him or her for your routine health concerns and for screenings.

## Your Role in Your Health and Recovery

You are an important part of the team. There are many things you can do to have the best chance for healthy life and recovery. You will need to:

- Take your medications as prescribed. If you have questions about your medications, please ask.
- Go to scheduled doctor and nurse appointments.
- Have labs done on time and as scheduled.
- Follow diet guidelines that are prescribed for you.  
Eat a healthy diet
- Get routine screenings and vaccinations.
- Get regular exercise.
- Avoid tobacco products and illegal drugs.
- Protect yourself from infection.
- Ask questions if you don't understand something.