

Going home after your transplant

You are now ready to leave the ward after your transplant. Please read the information below before leaving and remember that although you are leaving our inpatient care we are very interested in your progress, and would like you to contact us if you have any concerns.

Will I have medicines to take home?

Yes. Before you leave the ward please check that you have received the medicines that you need to take with you, and have instructions about how and when to take them. If you have any questions or concerns about your medicines once you are home, please contact the kidney pharmacist on 020 7188 5023 (Monday – Friday, 9am – 5.30pm).

Before you leave the hospital

Before you leave the hospital please make sure you are given a copy of your hospital discharge summary so that other doctors can easily see the operations or procedures you have had during your inpatient stay. A copy will be sent to your GP (family doctor) and this will ensure they will prescribe your medicines correctly. Remember that your anti-rejection medicines will not be prescribed or supplied by your GP, but you will collect them when you attend clinic. Please ask your kidney doctor for a prescription when you attend for your clinic appointment.

Will I have a follow-up appointment?

Yes. You will be given the date and time of your first appointment at the transplant clinic before you leave the ward. How often you have your appointments will be determined by your progress, but initially you can expect to attend the clinic two to three times a week.

What should I do if I suddenly become unwell at home?

In case of a medical emergency dial 999, and tell them that you are a kidney transplant patient. The ambulance will take you to your local accident and emergency department (A&E) so that your condition can be stabilised. They will not be able to bring you directly to Guy's Hospital, but will take you to the nearest place of safety so you can get the urgent care you need. When you arrive at A&E, ask the medical team to contact the **on-call renal doctor at Guy's Hospital** for advice. Please be assured that the doctors at the local hospital can contact the transplant team at Guy's 24 hours a day. We are also happy for you or a family member to contact us on **020 7188 7188**.

Contact us:

If you have any questions or concerns once you have left the ward please contact us:

Transplant Team: 020 7188 8822 (Monday to Friday, 9am to 6pm, out of hours please contact Richard Bright Ward)

Richard Bright Ward: 020 7188 8817

Or phone Guy's Hospital on 020 7188 7188 and ask for the ward by name

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017 **e:** members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk

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