

# 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 (details at the end of this leaflet).

## Before you leave the hospital

If you feel that you will require a fit note for your employer, please ask us before you leave. The hospital doctor can issue a fit note to cover the initial period associated with your treatment and typical recovery time. You will then need to visit your GP for a further fit note if necessary.

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 make sure 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.

If you require any wound dressings, we will supply enough for the first few days and then assess your wound when you come to clinic.

## 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 at first you can expect to attend the clinic two to three times a week. Some of these appointments may take place by telephone with a nurse or doctor, rather than in person.

We can provide free transport for patients with a medical need and who have no other means of travelling to and from the hospital. The transport assessment team will assess whether you qualify for this service (contact details at the end of this leaflet). Please avoid public transport and please wear a face mask or face covering when you travel to an appointment.

## When will the ureteric stent be removed?

A ureteric stent is a thin plastic tube that was inserted into your ureter (the tube which connects the kidney to the bladder) when you had your kidney transplant to ensure you were able to pass urine after the operation. Stents are not designed to be in the body for a long period of time and are usually removed between three and six weeks after a kidney transplant. The nurses in the transplant clinic will give you an leaflet about this, **Having a ureteric stent removed (Information for kidney transplant patients)**.

## What should I do if I 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 nearest Emergency Department (A&E) so that your condition can be stabilised. When you arrive at the Emergency Department, ask the medical team to contact the **on-call renal doctor at your local kidney transplant centre** for advice. We are also happy for you or a family member to contact us.

If you become unwell at home and you do not feel that it is a medical emergency, please contact your kidney transplant centre for advice.

For those patients who will have a follow-up appointment at Guy's Hospital:

**Guy's Transplant Team**, t: 020 7188 8822, Monday to Friday, 9am-6pm (out of hours please contact Richard Bright Ward).

**Richard Bright Ward (Guy's)**, t: 020 7188 8817, or phone Guy's Hospital, t: 020 7188 7188, and ask for the ward by name.

For those patients who will have a follow-up appointment at King's College Hospital:

**King's Transplant Team**, t: 020 3299 9000 extension 36244, Monday to Friday, 9am-5pm (out of hours please contact Fisk Ward).

**Fisk Ward (King's)**, t: 020 3299 9000 extension 33298.

For those patients who will have a follow-up appointment at Kent and Canterbury Hospital:

**Kent and Canterbury Transplant Team**, t: 01227 866443, Monday to Friday, 9am-6pm (out of hours please contact Marlowe Ward).

**Marlowe Ward (Kent and Canterbury)**, t: 01227 783100.

## What should you do to avoid catching coronavirus (COVID-19)?

Coronavirus can be a serious illness for patients who have recently had a transplant and are taking anti-rejection medications. So it is important that you follow NHS advice about thorough and frequent handwashing and hygiene. You should avoid anyone with symptoms of coronavirus (fever, cough, shortness of breath, loss of smell or taste). Please avoid public transport and wear a face mask or face covering if you go outside.

It is important that no-one at home has symptoms of coronavirus when you are discharged from hospital. **Please check before you go home and tell us if they do.**

When you go home you should take particular care to minimise contact with others outside your household and stay at home as much as possible. The transplant team will give you more detailed advice about this before you leave hospital. Please ask us if you have any questions about this.

## What should you do if you think you have coronavirus?

If you become unwell with a fever, cough, shortness of breath, or loss of smell or taste, please contact your local kidney transplant centre for advice as soon as possible. Please see the telephone numbers above. In case of a medical emergency, call 999, and tell them that you are a kidney transplant patient.

## What should you eat and drink when you get home?

The renal dietician will give you advice before you go home. Please see our leaflet, **Dietary advice after your transplant** that you should have received. Please ask for it if you haven't been given it.

## Checklist for when you leave hospital

Do you:

- have your medicines with their instructions?
- need a Fit note for your employer?
- have your hospital discharge summary?
- need any wound dressings?
- have the details of your next appointment?
- have a face-covering to wear during your journey home?

### Contact us:

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

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

**Richard Bright Ward**, t: 020 7188 8817, or phone Guy's Hospital, t: 020 7188 7188, and ask for the ward by name.

Kidney pharmacist, t: 020 7188 5023, Monday to Friday, 9am-5.30pm.

Transport assessment team, t: 020 7188 2888.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://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, Monday to Friday, 9am to 5pm

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS)

e: [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

t: 020 7188 3514 (complaints)

e: [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

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A list of sources is available on demand