

Welcome to the Renal Transplant Clinic

Your transplant gives you improved quality of life. You will soon have the freedom to return to work, travel and think about having children. Our goal in the Transplant Clinic is to provide the best care for you by working closely with you and your health care provider.

How often do I come in for check-ups?

After you go home from the hospital, you will come to the Transplant Clinic 2 to 3 times a week. Blood work is done before each visit. As time passes, the number of visits will decrease to 1 visit a week, then 1 visit a month, then 1 visit every 4 months.

Sometimes blood tests are needed between visits. These can be done in your local area when your transplant doctor approves or at St. Joseph's Outpatient Lab. If you have problems with transportation, contact your social worker for help.

What happens in the Transplant Clinic?

When you first arrive at the hospital, go to the Outpatient Lab to have your blood work done and a urine test when ordered. The clinic nurse will give you a blood work requisition for your next visit. This form will be used every time you go to the Outpatient Lab for blood tests so please get it back from the Outpatient Lab so you can use it again.

You then come to the Transplant Clinic where the clinic nurse will go over your record binder with you. The transplant doctor will examine you. The doctor and nurse will review your medications with you. You can also ask any questions you have. This is also a good time to ask for any prescriptions you may need.

There is room for 1 person to come with you for each clinic visit. Please arrange to have children looked after at home. If you bring children, they must be supervised. The wait can be long and children may not be able to stay quiet.

After each check-up, your next clinic appointment is booked. If you need to see a specialist about a problem, an appointment is made for you through the Transplant Clinic.

Staying in Touch:

Since the Transplant Clinic may call you. It is a good idea to have an answering machine or service so you do not miss messages. Be sure to call back to confirm any message left. When you get a message about your medication, call back to make sure you know the correct amount to take and the time of day to take it. We need to have any mobile (cell) phone and work numbers as well.

Your First Visits to the Transplant Clinic

Here are some helpful hints for your first clinic visits:

- Appointment hours are Monday to Friday 8:30 a.m. to 4:30 p.m.
- You will be given an appointment for each visit.
- The Outpatient Lab on Level 1 in the Fontbonne Building is open at 8:00 a.m. Plan to be at the Lab at 8:00 a.m.
- ✘ **Do not FAST before your first visit.** Eat breakfast at home and follow your normal morning routine. If you need to fast for any blood tests we will let you know in advance.
- Be sure to take all of your other morning medications before leaving home.

If you take the following medication:

Sirolimus (Rapamune, Rapamycin):

✘ **Do not take Sirolimus on the morning of your clinic visit.**

Blood tests must be done 24 hours after taking your last dose.

Bring this medication with you. Take the Sirolimus after the blood tests are done.

Advagraf (Tacrolimus Extended Release):

✘ **Do not take Advagraf on the morning of your clinic visit.**

Blood tests must be done 24 hours after taking your last dose.

Bring this medication with you. Take the Advagraf after the blood tests are done.

Prograf (Tacrolimus):

✘ **Do not take Prograf on the morning of your clinic visit.**

Blood tests must be done 12 hours after taking your last dose.

Bring this medication with you. Take the Prograf after the blood tests are done.

Cellcept (Mycophenolate Mofetil):

✘ **Do not take Cellcept on the morning of your clinic visit.**

Blood tests must be done 12 after taking your last dose. Bring this

medication with you. Take the Cellcept after the blood tests are done.

Cyclosporin (Neoral):

Take Cyclosporin 2 hours before you have your blood tests done.

Blood tests must be done before 10:00 a.m.

After blood tests are done in the Outpatient Lab:

- Come to the Transplant Clinic for your scheduled appointment.
- **Bring your health card to every visit.**
- Bring your teaching binder to every visit. Make sure the records are up to date including the results for the morning you are coming to clinic. Remember to bring an up-to-date list of the medications and doses that you take.
- You may want to bring a snack. If you have diabetes, be sure to bring a snack with you.
- You may have to wait for a while. We thank you for your patience. **We make every effort to see you as quickly as we can. We need to take the sickest patients first.** Your appointment may take up to 2 hours to complete.
- If you need to change an appointment or will be late for an appointment, call the Transplant Clinic.

General Transplant Clinic Visit Tips (905-522-1155 ext. 33775)

- You must have an appointment to be seen. **✘ Please do not drop into the clinic. Call if you have questions or concerns.**
- Call the clinic with any problems about your transplant.
Be prepared to leave a detailed message on the answering machine and someone will call you back within 24 hours unless it is an urgent problem. You can call the clinic from 8:00 a.m. to 4:30 p.m. After hours emergency calls should be made to the Transplant Unit.
- **✘ Do not call the Transplant Clinic or Unit with urgent medical problems. For urgent medical care call 911 or you local emergency number or go to the closest Emergency Centre.**
- You will have blood tests done before every clinic visit. Blood tests must be done every 2 months. If you are coming for a regular clinic visit you can have your blood tests done at your own lab 3 to 5 days before your appointment when your transplant doctor approves.
- Bring a list of your questions and concerns to each clinic visit.
- **Bring an up-to-date list of medications and doses to each clinic visit.**
- **Call 2 weeks in advance if you need a prescription refilled. We will not telephone prescriptions to your pharmacy. The prescription is mailed to you.**
- **Call 2 weeks in advance if you need a requisition for blood tests. We will not telephone orders to the Lab. The requisition is mailed to you.**
- **Call 4 weeks in advance if you need a travel letter prepared.**
- **Call 24 hours in advance to cancel an appointment.**



911

- If you have a problem with drug coverage, talk to the nurse in the Transplant Clinic. If you do not have insurance through an employer or benefit plan it is your responsibility to apply for Trillium Coverage. Medications are expensive and needed to keep your kidney healthy.
- Before having dental work or a cleaning you may need to take antibiotic medication the day of the procedure. Talk to your health care provider and dentist to make plans and get your prescription in advance.
- Help us keep your file up to date. Let us know any time you change your:

- Name
- Address
- Health card and benefits information
- Telephone numbers at home, work and mobile (cell)
- Pharmacy telephone number
- Family doctor's or health care provider's contact information
- Any other important information



Guide to Taking Over-the Counter Medications

For your safety:

- Do not take any over-the-counter medications, natural remedies or herbal products without checking with the transplant clinic staff first.
- Do not fill any prescription without checking with the Transplant Clinic staff first.

When you have a cold:

Before taking any medications try:

- Using a cold mist vaporizer in the room where you stay the most and when sleeping
- Drink plenty of fluids and rest as much as you can

You may use these products when you have a cold:

- Plain Tylenol[®] also called acetaminophen
- Robitussin DM[®] cough syrup
- Claritin[®]
- Otrivan[®] nasal spray
- If you have symptoms longer than 3 days or a fever, call your family doctor or health care provider

When you have constipation:

- You may take Senekot[®] or Colace (docusate sodium) when needed.
- Do not take laxatives regularly. Talk to your health care provider and the Transplant Clinic staff. There are many things you can do to prevent constipation.