

# After Your Transplant: What to Consider

## Medications

- Do you know the names of all your medications?
- Do you know the purpose of each medication?
- What side effects can you anticipate?
- Will there be co-pays?



## Infection

- What signs and symptoms should you be aware of?
- How can you avoid infections?
- Who should you call with concerns?



## New Medical Issues

- What new medical concerns are a possibility?
- What mental health support is available if needed?



## Healthy Weight

- What do you need to know about weight gain?
  - How can your dietitian support your post-transplant diet?
  - What exercise/physical fitness is possible?



## Top 4 Tips



See your transplant team on a regular basis.

Take your medications as prescribed.

Follow a healthy lifestyle.

Attend all clinic visits and lab tests.



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