

Checklist: Help Your Loved One Take Care of Their New Kidney



Use this checklist to help make sure the important person in your life is taking care of their new kidney—both physically and emotionally.

- Go to doctor's appointments:** Attend doctor's visits with your loved one to ask questions and help write down any important information. Also, keep track of any future appointments so your loved one does not forget.
- Set medication reminders:** Help set times for your loved one to take immunosuppressive medications and any other prescribed medications.
- Monitor other conditions:** If they have diabetes, high blood pressure or other conditions, monitor them every day and make sure they are taking their prescribed medication(s).
- Serve healthy meals:** Although diet is often less restrictive for kidney transplant recipients, it is still important to eat foods that are good for the new kidney. Follow the diet plan provided by your loved one's doctor or dietitian and help your loved one eat right by finding recipes on DaVita.com that are delicious and kidney-friendly.
- Lend a helping hand:** After surgery, your loved one will need time to recover. Help them by taking on more strenuous tasks (or hire someone else to help if you can't do it yourself). Doing some housework, shopping for groceries or running errands are small things that make a big difference.
- Be supportive:** Your loved one might experience many different emotions after kidney transplantation surgery. Listen to them, ask them questions and if they need extra support, help them find a counselor or a support group of people who have gone through the same journey.

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