

WHO WE ARE

Dr Rela Institute & Medical centre is a multi-specialty medical facility. It houses state of the art operating rooms and ICU facilities. The Liver Transplant Unit at the hospital was opened in October 2018 to meet the needs of people in India and abroad suffering with liver disease and requiring a liver transplant. The unit is headed by Prof. Mohamed Rela, a world renowned liver transplant surgeon with over 28 years of experience. He has performed over 1500 liver transplant surgeries in India and in excess of 4000 transplants worldwide.

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DR. RELA INSTITUTE & MEDICAL CENTRE
An International Medical Facility



*Life after
Transplant*

Table of Contents

Transplant Clinics	3
Risk Of Infections	4
Medications	6
Diet and Nutrition	8
Physical Activities	10
Planning a Family	10
Returning to Work	11

Congratulations on your New Liver!

As you are getting ready to go home, you may feel both excited and nervous and may have many questions going forward. This booklet aims to answer any such questions with focus on management of your care.

After Transplant you will be monitored regularly, in the Post-Transplant Clinics, which are run by the Hepatologists and Transplant Surgeons. The clinic is located on the second floor at the Liver OPD. It is conducted twice a week on Tuesdays and Fridays between 3:00pm and 6:30pm. You should book your appointment in advance. Please call the liver OPD prior to your clinic date to confirm your appointment. You will need to come in the morning for blood tests. Please carry your medications with you as you will need to give blood sample before taking any medications especially the immune suppressant, Tacrolimus. You may then take your other medications and breakfast. Immediately after discharge, you will need to frequently attend these clinics, however this will be tapered down as your health improves. The consultant will advise you on when you will need to come back again. The table below is to give you an idea about the frequency of visits

First 4-5 weeks	Twice a week
Next 3-4 weeks	Once a week
Following 4 weeks	Once every 2 weeks
Upto a year	Once a month
Thereafter, Lifelong	Once in 3 months

It is important to attend these clinics regularly with us. If you are an out-of-towner, after the first couple of months you would be discharged from the transplant clinics. Thereafter, we would want you to email us a copy of your lab reports every 3 months so that we can amend your medications and email them back to you. You will have to follow this lifelong.

RISK OF INFECTION

Transplant patients take immune suppressant medications which are necessary to prevent rejection. This also puts the recipients at a slightly higher risk of infection. Therefore, lifestyle changes are vital to reduce chances of infection.

WEAR A MASK

It is important to wear mask everywhere you go outside the house for the first 3 months after transplant. This is to protect yourself from airborne contaminants. At home you or your family members do not have to wear a mask unless they have a cold or a cough.



PERSONAL HYGIENE

Wash your hands frequently with soap especially

- before preparing or eating food
- after visiting the toilet
- touching objects that may carry microorganisms like money, doorknobs etc.

Brush your teeth twice a day and also rinse your mouth after eating.

Never share your toothbrush, razor and towel.

Wear a shoe whilst walking outside to prevent any infections due to cuts in your feet.

SURROUNDING HYGIENE

It is very important to have your house cleaned thoroughly before you can go home. You may want to get your house disinfected and pest controlled before shifting. **Help on this is offered at the hospital.** Also make sure the house is well ventilated. Air conditioning is not a must. You do not have to restrict yourself to one room in the house. You can be as normal as possible at your home so far as no member (including home help) has an infection.

PETS

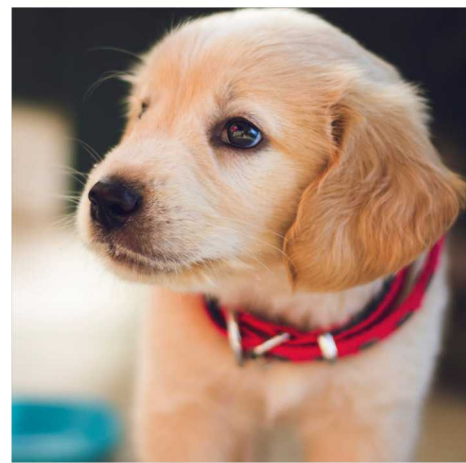
Avoid contact with pets. If that's not possible, then make sure that your pet is up to date with vaccinations. Do not clean fish tanks and bird cages and never be in contact with animal wastes.

GARDENING

It's best to avoid any yardwork for at least the first 6 months after transplant. Avoid compost pile and any rotting garden waste, as these may carry mold that can cause respiratory infections. Please use gloves, should you involve in gardening after the 6 month period and remember to wash your hands thoroughly.

CONTACT

It's best to have fewer visitors after your transplant surgery. It is recommended that you avoid all crowded spaces like malls, parties and cinema for the first 6 months. Avoid close contact with people having infections like cold, flu, stomach bugs, chicken pox, pneumonia etc.



VACCINATIONS

Do not get live vaccinations, as you are at risk of developing the disease that the vaccine is trying to prevent due to your low immunity. However, you can receive flu shots and tetanus shots as they are inactivated vaccines.

DENTAL CARE

Good oral hygiene is very important as a lot of infections start from the mouth. Any infection in the mouth needs to be treated straight away as there is a possibility it will spread to the rest of the body due to the immune suppressants. You will need to make your dentist aware of your transplant surgery. It is recommended that all elective dental procedures wait for 6 months after transplant.

SHOWER & WOUND CARE

It is recommended that you do not shower until your wound has healed and whilst you still have the wound dressing and the drain bags. You may wipe yourself clean with a towel in the meantime. Once the wound heals, you are permitted to shower every day even with the surgical clips in place. Please bear in mind to keep the incision clean and dry. It is best that you speak to the transplant surgeons on any doubts you may have regarding wound care.

MEDICATION

You should not change any medications or doses by Yourself as it may be detrimental to the whole process and outcome

It is common to have a bunch of medicines to help your new liver function smoothly. Some medicines (immune suppressant) are prescribed to prevent rejection, some to fight infections and some others to treat the side effects of the immune suppressant. However, this will come down to just a couple after a few months.

These medications come with some side effects like headache, tremor, increase in blood sugar, increase in blood pressure, abnormal renal function, anemia, reduction in white blood cell count etc. The consultant is usually able to change medications if side effects are severe. There may be other long term complications like cancer, obesity, cardiovascular disease and diabetes. You must bear in mind that the benefits of these medicines outweigh the complications involved.

It is important to take all medications as prescribed and on time. It is useful to get a family member also (in addition to you) to familiarize themselves with the medicine regime so that you don't miss a dose. Discontinuing medications without doctor's advice can lead to rejection of the transplanted liver. Immune suppressant medications will have to be taken for the rest of your life.

OVER THE COUNTER MEDICINES

Some of the over-the-counter medications taken for flu, cold, vitamins and as laxatives may decrease the effectiveness of your transplant medicines. We do not recommend any over-the-counter medications. Always speak to your doctor before taking such medications.

MISSED DOSAGE

It is important to take your medications on time. In the event that you have forgotten to take the dose, you can take it as soon as you remember. If it is time for the next dose, then skip the dose and carry on as normal. Do not double dose. It is a common tendency to forget your dose as you feel better, but it is extremely vital to be on schedule, as rejection may occur even years after your surgery.



DIET & NUTRITION

Nutrition plays an important role post-transplant. Establishing good eating habits is the key for early recovery. During the first two months, the body will need more energy and protein to heal from the surgery and any muscle

loss. medications. The common side effects include:

Obesity:

You may develop a strong appetite as



You should include a portion of protein in every meal. Sources of good protein include eggs, fish, chicken, lean meat, lentils, nuts and dairy products like cheese and yogurt.

In the long run you will need a balanced diet to keep your new organ healthy and to manage any long term side effects caused by your

you feel well enough to eat and also as a side effect of certain medications that you may take. This can lead to obesity. Limit foods that are high in fat and calorie and include food rich in fiber and protein. Lack of exercise may further contribute to this.

Diabetes

Certain medications may cause a hike in your sugar levels. The best way to manage this in addition to the medicines prescribed for high sugar would be to focus on healthy diet and avoid concentrated sources of carbohydrates and sugars like in desserts, pastries, sweets, fruit juices and chocolates.

High Cholesterol Levels

This can lead to heart disease. A good diet that includes healthy fats found in vegetable oils, fish and nuts and also rich in fibre is recommended. Please be advised to limit salt in your food. It is also said 'Grapefruit' can interact with certain medications, so you may want to avoid these. It is a good practice to visit a dietician to help plan your diet.

Alcohol

Alcohol and tobacco are a big “no no” after transplant. Alcohol tends to interfere with the metabolism of some post-transplant medicines and also is toxic to the liver. Avoiding these can prevent damage to the new liver and will also aid in your general well-being.

Food Safety

The medications you take, lower your immunity in order to avoid rejection. This results in your body having lower immunity which may make patients vulnerable to food borne diseases. Be cautious of where you eat and how your food is prepared. Avoid raw and undercooked meat, eggs and seafood. Ideally food should be well cooked and served hot. Keep the kitchen counter and vessels clean and avoid cross contamination while preparing raw chicken. Avoid eating food outside especially from road side stalls.

Food
Safety 1st

PHYSICAL ACTIVITIES

Exercising regularly is highly recommended, however abdominal exercises and lifting heavy weights will have to wait until after the first three months. You may begin activity by slowly walking and over time begin other exercises like jogging and cycling. Try to avoid contact sports like boxing, football etc. To maximize success of your new liver, staying active and controlling your weight is the key. This will also reduce any risks of stroke or heart attack.

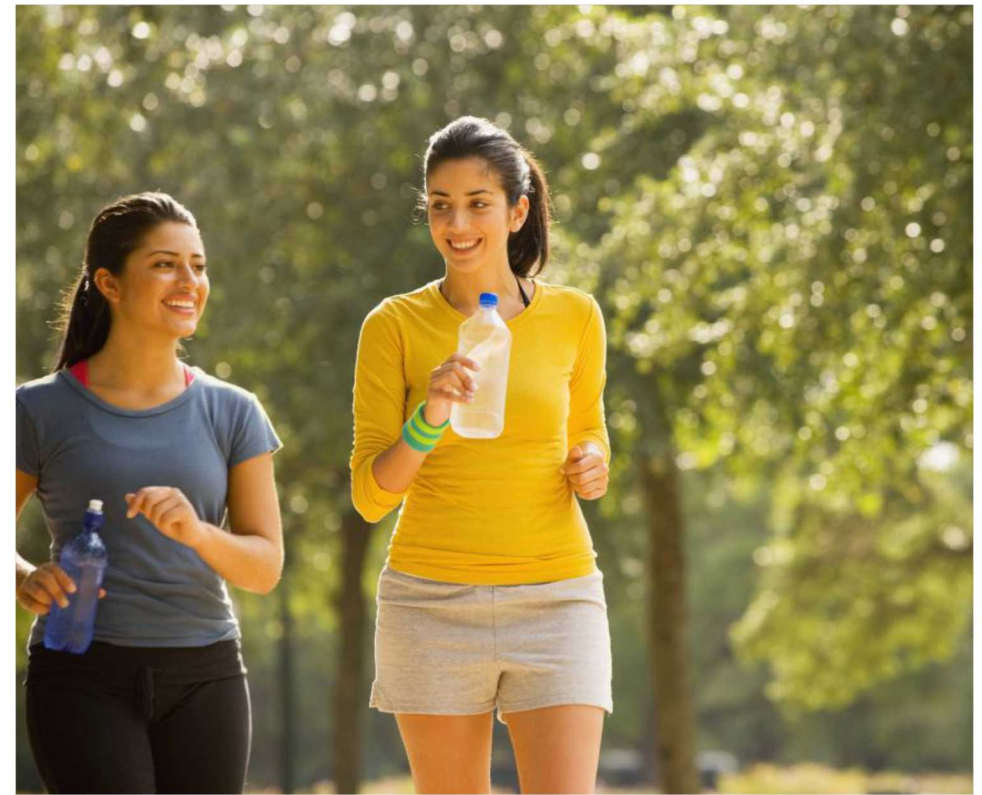
You can resume sexual activity once you feel ready. It is common for liver patients to experience impotency prior to transplant. This will slowly reverse and return to normality after transplant. Should you have any questions please don't hesitate to speak to your

consultant. Always practice safe sex as there is an increased risk of contracting Sexually Transmitted Diseases (STDs)

WORLD TRANSPLANT GAMES

Once every 2 years, the World Transplant Games Federation organise Summer and Winter Transplant games for people who have had the life-saving surgery. More than 60 countries participate. It aims to raise public awareness on the importance and the benefits of organ donation and to celebrate the quality of life that can be achieved post-transplant.

For further information and to participate, please visit their website www.wtgf.org



chance of complications during this time and also your medicine dosages will be at the highest. These patients need to be closely monitored by both the obstetrician and the transplant team.

Male transplant recipients usually don't have trouble fathering a child in spite of the immune suppressant regime.

PLANNING FOR A FAMILY

It is very much possible for Female Transplant recipients to have babies after transplant. You will need to consult your doctor and discuss this first because some medicines need to be amended as they may cause harm to the unborn child. Also it is recommended that you wait until after a year or two as there is an increased



RETURN TO WORK

You should be able to return to work normally after 3 months. But this also depends on how well you have

recovered, whether you have any complications and also your nature of work.

Please remember, following your discharge it is important to contact the hospital if you have any concerns about your health at any time of the day or report to the emergency room if it is after out patient hours.

Do not wait for your clinic day in such instances