

Department of Renal Medicine & Transplantation

# Follow up after donating a kidney

**This information is for patients who have donated a kidney. If you have any further questions, please speak to a doctor or nurse caring for you.**

Before your operation you underwent many tests to ensure that you could safely donate your kidney. After the operation we recommend that you should continue to have medical follow up and a regular review of your health and any medication you are taking. These tests can be performed by your local hospital or by your GP. We may contact you about the results if you choose to have your GP to follow you up. Please let us know if you change your address. The tests that should be performed are:

- **A blood pressure reading**
- **A weight check**
- **A urine check for protein or infection**
- **A blood test to check your current kidney function.**

You will be seen by the surgeon approximately two weeks after your operation in an outpatient clinic. An appointment will be made for you to see the living donor coordinator or kidney doctor after six to 12 weeks and the tests should be repeated six months after your surgery and yearly for the rest of your life. As a living donor, there is a lifelong commitment to be fit and healthy. Therefore, it is recommended to maintain a healthy diet and lifestyle.

If you are diagnosed with a serious illness after donation, please let your living donor coordinator know.

These are the British Transplantation Society recommendations.

## Contact us

If you have any questions about your follow up, please contact the living donor coordinators at your local hospital.

St George's Hospital

020 8725 0305 / 0745 / 1035

St Helier Hospital

020 8296 4522

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## **Additional services**

### **Patient Advice and Liaison Service (PALS)**

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 Email: [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### **NHS Choices**

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** [www.nhs.uk](http://www.nhs.uk)

### **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

### **AccessAble**

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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