



HEALTH FOR LIFE

When You Feel Sick After Your Transplant

To keep your body from rejecting your transplant, you are taking medicines that lower your immune system. This means that you may get infection easily. Use common sense when seeing friends and relatives or when out in crowds. Stay away from people you know are ill.

Colds And Flu

If you come down with a cold or flu, you may take:

- Robitussin® for sore throats and cough.
- Tylenol® for fever greater than 101 degrees.
- Pseudafed® for a runny nose.

If your symptoms are not relieved after 48 hours, call your family doctor. Take these over-the-counter medicines according to label instructions.

If you have had a kidney transplant, do not take aspirin or medicines that have aspirin in them. **Do not** take ibuprofen, ketoprofen, or naproxen since they are related to aspirin.

If your symptoms are bad, you may need to have a **chest x-ray** and **throat culture** done.

If you vomit and cannot keep anything down for 24 hours, call the Transplant Office. Not taking your medicines for more than 24 hours may put your transplant at risk for rejection. If you can see the pills in your vomitus, you may redose yourself with that medication.

Constipation

Continue on the scheduled dose of Colace®. You may take Metamucil® twice a day with plenty of water. If you have no results, then you may take Milk of Magnesia® or Dulcolax® (Correctol®). If you still do not have a bowel movement in 3 days, call the Post Transplant Office.

With all over-the-counter medicines, you must carefully read and follow all labeled instructions.

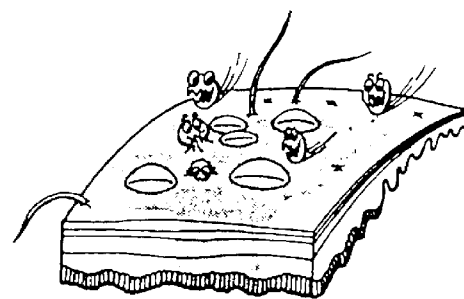
Exposure to Chicken Pox, Measles, Mumps, German Measles, Tuberculosis

If possible, stay away from children and adults with childhood or infectious diseases. Call the Transplant Office immediately if you are exposed to someone with one of the childhood diseases or tuberculosis. If you are not sure whether you have had the disease, also call the Transplant Office.

Herpes Infections

Herpes infections are caused by viruses. Symptoms include cold sores or fever blisters on the lips, in the mouth, or on the genitals. If severe, they can be red, watery, painful blisters.

Should you have these symptoms or problems, call the Transplant Office. Your doctor will decide whether you need to come to the hospital for treatment or take medicine at home.



- **To Prevent Getting Herpes Infections:**

- ▶ Do not share eating or drinking utensils with someone who is sick.
- ▶ Stay away from anyone who is ill.
- ▶ Wash your hands before and after eating, and after using the bathroom.
- ▶ Wear a condom when you have sex.

Vaccines And Shots

Call the Transplant Office before having any vaccines, flu, or tetanus shots.

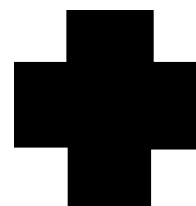
Emergency Answering Service

An answering service after office hours is available in the case of an emergency with your transplant and your health. You can call after 4:30 PM weekdays and anytime on weekends.

You will receive a call from the Post-Transplant Coordinator within 30 minutes after calling the emergency answering service.

- **Reasons for calling the Emergency Answering Service include:**

- ▶ Temperature greater than 101 degrees
- ▶ Nausea or vomiting lasting more than 24 hours
- ▶ Pain or swelling over your transplant



- **Examples of problems that can wait until regular office hours (8:30 AM through 4:30 PM, Monday - Friday) include:**

- ▶ Drug refills
- ▶ Financial and insurance problems
- ▶ Questions about returning to work

If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.