

Pre-Transplant Education

Adherence



What is adherence?

This means to follow the medical plan that you and the kidney health team have agreed upon. This includes taking your medicines in the right doses at the right time, drinking the right amount of fluids, eating the right foods and coming to clinic appointments when they are scheduled.

Why is adherence important in kidney transplant?

If you don't follow your medical plan, you put your transplant kidney at risk of rejection and damage.

What can make it hard to be adherent?

There are a lot of new things to remember to do after transplant which can be overwhelming. You need to remember to take your medicines, drink your fluids and get to all appointments. It can be hard to remember it all and get used to a new routine. There are also a lot of pills to take right after transplant, some of which can have side effects that you might not like. They are still important to take. Most patients tell us that over time it gets easier to follow this new routine.

Who is responsible for adherence?

You and your family should work as a team on being adherent. The transplant team is also here to help figure out how to be adherent to your medical plan.

How can I improve my adherence?

You can talk to your transplant team for help with this. Each new kidney transplant patient finds a way to make this work. There are lots of different ways to help. Some people use alarms on their phones, bubblepacks or pill boxes for their medicines and checklists for medicines and fluids.

