



## Introduction to the Adult Renal Transplant Clinic

The Adult Renal Transplant Program at HSC Winnipeg serves the adult populations of Manitoba, Northwestern Ontario and Nunavut.

The clinic team has six transplant nephrologists, five nurses, two pharmacists, two unit clerks, a dietitian and a social worker. The whole team works with you to develop the best care plan. The team is here to assist with self-managed healthcare so you are prepared for the responsibilities of caring for your transplanted kidney.

### Adult Transplant Clinic

Phone: 204-787-3138  
GE412, Green Owl Zone  
Health Sciences Centre  
820 Sherbrook Street  
Winnipeg, MB R3A 1R9

### Clinic hours

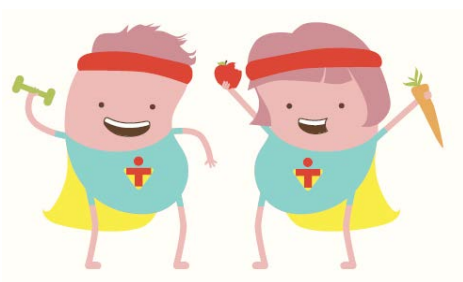
- Monday, Tuesday, Thursday, Friday from 8:00-11:30 am
- Wednesday from 9:00-11:30 am
- Appointments must be booked. Walk-ins are not accepted.

### Welcome

For those transitioning to the adult clinic, this will be a new experience for you and your family. The Adult Renal Transplant Clinic team is here to assist you in maximizing your health and independence. The team uses education and assessment to:

- prevent rejection
- monitor complications
- manage your medication to ensure the health of your transplant

Before you transfer, a transplant nephrologist from the Adult Clinic will have met with you. The Children's Renal Transplant Program will share information with the adult program, and help you book your first appointment. The teams will work together with you and your support person(s) to help you create a smooth transition.



Please make sure the team has your correct phone number(s) and address. If there are changes, contact the clinic (204-787-3138) to update your contact information.

### Things to remember for your clinic appointment:

- Bring your Manitoba Health Card with you to every clinic visit.
- Bring your morning medications and a list of all of your medications to each appointment.
- Blood will be drawn at each clinic visit. After picking up your requisition from clinic, go to the Out Patient Laboratory located on the main floor of HSC Winnipeg (Green Owl zone).
- Once your blood has been drawn, return to the clinic and let the clerk know that you are back.
- At each visit you will be asked to weigh yourself and report it to the clerks. The nurse will check your blood pressure, review your medications and conduct an assessment focusing on the care of your kidney transplant. To make the best use of your clinic appointment, write down your concerns or questions and bring them with you to your next appointment.
- Your next bloodwork appointment and clinic visit will be scheduled by the clerk at the desk after you have finished your appointment.
- If you have moved or changed your phone number, please make sure to update your contact information with the clerk.

It is important to contact the nurses with any concerns about your kidney health in between regularly scheduled appointments. Nurses are available during regular office hours of 8:00 am to 4:00 pm Monday to Friday. Calls to 204-787-3138 will be answered within 24 hours.

If you are having an urgent issue related to your kidney transplant and live in Winnipeg, go to [HSC Winnipeg's Emergency Department](#). If you live outside of Winnipeg, go to the nearest Emergency Department.

If you have not yet had your first Adult Renal Transplant Clinic appointment, and you need to go to an Emergency Department, go to **Children's Emergency** and tell staff that you are still followed by the Pediatric Renal Transplant Clinic and nephrologists.

### The Adult Renal Transplant Health Care Team

#### Clerks

204-787-3138

Clerks check you in for your appointment and answer phone calls to the clinic. The clerks will ask you for your Manitoba Health card at each visit and will update your contact information. If you need to reschedule an appointment, a clerk will help you. When you call the clinic, the clerk will ask why you are calling to make sure that a message is given to the right team member. Messages will be returned within 24 hours.

#### Nurses

204-787-3138

During your clinic visit, a nurse will assess your health, medications, and vital signs. The nurse will contact a nephrologist to see you in clinic if there are any health concerns. If necessary, a nurse will contact you the same afternoon as your clinic visit to tell you about any medication changes or any concerning blood work results/testing. You can contact the nurses by phoning the clinic clerk and asking for your call to be transferred. Phone messages are returned within 24 hours.

**Transplant nephrologists**

204-787-3138

Transplant nephrologists follow a rotating schedule, so you will get to know all of them. They see patients as required. You may not always see a nephrologist at each visit. If there are concerns about your visit or your bloodwork results, the nurse or other team members will speak with the clinic nephrologist.

**Dietitian**

204-787-3052

To schedule an appointment with the dietitian, call the dietitian directly or contact the clinic clerks. They will arrange a visit along with your clinic appointment. Our dietitian can help you make changes to your diet that reflects what your body needs. If our nurses have concerns after a clinic visit, they may request the dietitian meet with you.

**Social Worker**

204-794-3096

The social worker can be an important part of adjusting to the adult program for you and your family. The social worker is available to meet with you to discuss any emotional, social, or financial concerns you have. To schedule an appointment, please call the social worker directly. This appointment will be arranged along with your regular clinic visit or at a time that suits your schedule.

**Pharmacists**

204-787-3138

Pharmacists can help you understand your medications and offer assistance and advice to ensure medications are taken daily and on time. The pharmacist will see you at the request of the nurse or the nephrologist during a regularly scheduled appointment. If you would like to schedule an appointment with the pharmacist, please call the clinic clerks.

**General Healthcare**

You are required to have a family doctor.

The team is focused on the care of your kidney and transplant-related health. For all other healthcare issues, you need a family doctor. To find a physician, visit [Family Doctor Finder](#) or call 204-786-7111 (Winnipeg) or toll free 1-866-690-8260.