



Sick Day Management in Kidney Transplant Patients

Sick days are one of the most challenging tasks in caring for your kidney transplant. Here are some guidelines to follow:

S

SALT

Even when you are feeling sick, your body needs salt to keep the fluids in and prevent dehydration. Signs that you might be dehydrated include: peeing less than usual, dark-coloured pee, dry mouth or lips, sunken eyes or dark circles under the eyes.

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IMMUNOSUPPRESSANTS

Your immunosuppressant medicines work to protect your transplanted kidney. If you throw up less than 30 minutes after taking your medicines, you will need to take them again. If you are throwing up and not able to keep your medicines in your body, call the transplant team right away.

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CALL YOUR TRANSPLANT TEAM

The transplant team is here to help. If you are feeling sick with diarrhea and/or throwing up, call the nurse clinician on weekdays or the kidney doctor on call on evenings or weekends.

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KIDNEYS NEED FLUIDS

It is important that your kidneys do not get dehydrated. You need to be able to drink your usual amount of fluids. If you have a fever, you need to drink more.



It is important to call the Nephrology staff (204-787-4725 weekdays or 204-787-2071 after hours and weekends) if:

- Your child is unable to stop vomiting.
- Your child has diarrhea.
- Your child is sick for more than one day.
- Your child needs more than 1 liter of extra fluid over 24 hours to keep well-hydrated.
- You have concerns or questions about managing the sick day.

Always remember to seek medical help if you are worried about the underlying cause of the illness.

Sick Day Management

Why do we worry about sick days and kidney transplant?

- 1) Getting dehydrated can hurt your kidneys.
- 2) Being dehydrated can change your salt and water needs:
 - Your appetite may change (eat less or more than usual).
 - You may be losing salt and water if you are vomiting or have diarrhea.

Here is a list of foods and beverages you may be able to tolerate while you are sick that provide you with salt and fluids...

IF YOU ARE ABLE TO DRINK BUT CANNOT EAT DUE TO NAUSEA OR UPSET STOMACH, YOU CAN TRY DRINKING THE FOLLOWING:
Powerade zero drops
Canned consommé soup
Gatorade thirst quencher
Pedialyte
IF YOU ARE ABLE TO EAT AND DRINK
Any of the above, plus:
Canned chicken noodle soup
Sunny Delight
Salted soda crackers
Pretzels
Salted popcorn

Remember to always keep your favorite sick day foods on hand!

24 Hour Emergency Paging: (204) 787-2071 or 1-877-499-8774

Ask for the **Children's Nephrology Doctor** or the **Children's Kidney Doctor**

Nurse Clinician: (204) 787-4725 – Weekdays (non-emergencies)