



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Acute Renal Post Transplant Clinic

Information for patients, relatives and carers

① For more information, please contact:

Renal medicine

① For more information, please contact:

Renal Transplant Nurse Specialist Team

Telephone: 01904 726617

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Who will I meet?

Transplant nurses

Alison Ellis, Emma Crosby and Grace Oliver

We are available Mon-Fri 08:00 – 16:00hrs

Contact us on 01904 726617

Acute transplant consultants

Dr Keith McCullough, Dr Samar Medani and

Dr Santhanakrishnan Balasubramanian

Dr Kiel Greene

Service manager

Mandy Jones

Administration team

Jo Gregory, Jo Harrison, Angela Day and Paul Read

Renal pharmacists

Matthew Cooke and Sally Sellars

Renal pharmacy technician

Clare Hodson

Renal psychologist

Beate Riedel

Renal social workers

Margaret Eyre and Janet Hopkins

Renal physiotherapists

Vicky Pursey and Bryan Atkinson

What happens when I come to clinic?

The transplant clinic is located in the renal unit at York hospital. Initially you will attend on a Monday, Wednesday and Friday for four weeks. Once you are stable, your visit frequency will gradually reduce.

Please be aware that your first appointment may take a little longer than future appointments. You will be seen by a transplant nurse and a consultant on this first visit.

Your clinic appointments are important because your risk of transplant rejection or infection is highest during the first few months after your transplant and the transplant team need to monitor you closely.

For each appointment, please have your bloods taken immediately prior to attending the clinic. The blood taking service is located in the main entrance of the hospital.

Please be aware that this service can become busy, so we recommend early attendance.

Please do not take your Tacrolimus medication until after your blood has been taken.

A blood form will be included with this leaflet but if misplaced please attend the renal unit for a replacement.

On arrival at the clinic please let the admin team know you're here to see the transplant nurses.

The admin team are based in the renal unit – you will see them when you arrive. Measure your weight on the scales and take a seat.

Please ensure you bring with you:

- A list of your medications
- Your fluid input and output
- Any blood pressure readings, temperature readings and weights
- A urine sample – a pot will be provided at each clinic appointment.

Please be aware medication doses are changed frequently after your visit to the acute transplant clinic. Please make an appointment with your GP as soon as possible after leaving hospital as your GP will need to prescribe all of your medications other than your anti-rejection medication which we will provide. It is important you do not run out of tablets.

The transplant team will keep your GP up to date and notify them of any changes.

We will ask you to set up an NHS app if you can, this will help you order your medications, We will help you to do this on a smart phone or tablet. You should also be able to order medication via your GPs online system if you have access to that and it is easier.

If you do not have a smart phone or access to the internet, you can request your prescriptions via your GP practice.

Transport

If you need transport to your appointment in the first six weeks after your transplant, it will be arranged for you.

This will be booked by the renal admin team.

If you require it longer than this then you will need to contact patient transport on 0300 3302000. They will ask you about your mobility and access to your home.

Please speak with the admin team if you need any support in doing this.

There are parking concessions available at York Hospital including multi-storey. You will need to provide your vehicle registration to the admin team on arrival and they will arrange parking concessions for you.

If you have a blue badge, there is accessible parking at the front of the hospital and the neurosciences car park.

The neurosciences car park is located at entrance 2.

The main entrance car park is closer to blood taking.

Please note that the parking concessions in the multi-storey car park are only available whilst you are attending the acute transplant clinic.

Hospital facilities

Lloyds Pharmacy

The outpatient pharmacy is in the main entrance.

Opening times:

Mon-Fri 0800-20.00

Sat 09.00-17.15

Sun 10.00-16.00

Hospital Phlebotomy Service

Located to the left of the main reception desk. You need to collect a numbered ticket to join the queue, The numbers will be called out or displayed in the waiting area.

Opening times are Monday – Friday 08.00–16.00.

Nearest toilets

There are no toilets in the renal unit. The nearest toilets are in Ellerby's Restaurant and York Wheels. Both have accessible toilets. Ellerby's is located at junction 3 main corridor and York Wheels is located at junction 2a main corridor.

Free wi-fi

1. On your device, choose NHS wi-fi from the list of available wi-fi networks.
2. Open your web browser. The NHS wi-fi login page will open. If it does not go to btwifi.com.

Amigo store

Sells newspapers, magazines, cards, sandwiches, drinks, toiletries & stationery. The Amigo store is located in the main foyer. It is open 08.00- 16.30.

Ellerby's restaurant

Ellerby's restaurant is located at junction 3.

Opening times-

Mon-Fri 0700-1800

Sat-Sun 0900-1600

Costa Coffee

Located in the main foyer opposite Lloyds pharmacy.

Open Monday- Friday 07.30- 18.00

Saturday & Sunday -09.00- 16.00

York Hospital Patient Peer Support

The group provides trained patients to support other kidney patients and carers through listening, sharing experiences and signposting to relevant professionals.

For further information or if you want to help, call 07950 112787 or visit www.kidneypeersupport.com

Patients Know Best (PKB)

PKB is an individualised online system which you can access using your home computer or a smartphone app.

You will be able to use this system to:

1. Find out your latest blood test results
2. Find information about your kidney condition and treatment.
3. Find other information about kidney disease.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: The Renal Transplant Nurse Specialist Team, Telephone 01904 726617.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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