



Side effects can be uncomfortable or worrying. Many can be managed, so tell your transplant team what you are experiencing.

You do not have to manage side effects alone

Some side effects improve as your body adjusts. Others may need treatment, or your doctor might decide to change your medicine or dose. Do not stop or change a transplant medicine on your own.

Five questions to ask about any side effect

1. Is this a common side effect?
2. Will it get better over time?
3. What can I do to manage it?
4. When should I call the transplant team?
5. Are there other medicine options if it does not improve?

Changes in how I feel

1. Can these medicines cause tiredness, weakness, or trouble sleeping?
2. When should my energy improve?
3. Can these medicines affect my mood?
4. Is it normal to feel anxious, irritable, sad, or more emotional?
5. Can they cause forgetfulness or trouble concentrating?
6. What should I do if these changes affect my daily life?
7. How can my family or care partner help?
8. Can these medicines cause problems with sexual function?

Changes in my body

1. Is it normal for my hands to shake?
2. Will shaking or tremors improve?
3. Could I gain or lose weight?
4. Could these medicines affect my hair, skin, gums, face, or vision?
5. What can I do about acne, dry skin, hair changes, or gum problems?

Stomach and bowel concerns

1. Are nausea, vomiting, or diarrhea common?
2. Should I take my medicines with or without food?

3. What can I do to manage stomach problems?
4. When are diarrhea or vomiting serious?
5. What should I do if I cannot keep my medicine down?

Blood pressure, blood sugar, and kidney health

1. Can these medicines raise my blood pressure or blood sugar?
2. What should I monitor at home?
3. What symptoms should I watch for?
4. Can these medicines affect my transplanted kidney?
5. How will my team check for kidney or medicine-related problems?

Infection, cancer risk, and prevention

1. What signs of infection should I watch for?
2. Could an infection feel different after transplant?
3. When should I call the transplant team?
4. Do these medicines increase my risk of skin cancer, other cancers or infection?
5. What screenings and preventive steps do I need?

Relationships and family planning

1. Can these medicines affect sexual health or sex drive?
2. Can they affect my fertility or ability to have a baby?
3. Is pregnancy safe after transplant?
4. Could any of my medicines cause problems during pregnancy?
5. Should my medicines be reviewed before I try to have a child?
6. What birth control options are safe for me?

Tell your transplant team when something does not feel right, even if it feels uncomfortable or embarrassing. Chances are that you aren't the first person to ask these questions. They can only help with the problems they know about.



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