



Choose the questions that matter most to you and bring them to your next transplant appointment.

Protect your new kidney

Take your transplant medicines exactly as directed. Do not stop, skip, or change a dose unless your transplant team tells you to.

Understanding my transplant medicines

1. What is the name of each medicine I take?
2. What does each medicine do?
3. How much should I take, and when should I take it?
4. Should I take it with food or on an empty stomach?
5. Do I need to take it at the same time every day?
6. How long will I need to take this medicine?
7. What should I do if I miss a dose, take an extra dose, or vomit after taking it?

Taking medicines safely

1. Which over-the-counter medicines should I avoid?
2. Should I check with the transplant team before taking vitamins, supplements, or herbal products?
3. Are there foods or drinks that can affect my medicines?
4. Can I drink alcohol while taking these medicines?
5. Should I avoid eating or drinking anything while taking these medicines?
6. What should I do before starting a medicine prescribed by another doctor?
7. How should I store my medicines?
8. What should I do with my medicines when I travel or am away from home?

Blood tests and medicine levels

1. Why do I need blood tests?
2. How often will my medicine levels be checked?
3. Should I take my medicine before my blood test?
4. What happens if my medicine level is too high or too low?
5. How will my team know if the medicines are protecting my new kidney?
6. Could these medicines affect my blood pressure, blood sugar, or kidney function?

Refills, insurance, and cost

1. Who should I contact when I need a refill?
2. How early should I request a refill?
3. What should I do if my pharmacy does not have the medicine?
4. What should I do if I cannot afford my medicine?
5. Can the brand or manufacturer of my medicine be changed?
6. Who should I call if my insurance changes?

Call your transplant team if you miss more than one dose, cannot keep your medicine down, are running out of medicine, or are told by another doctor to stop or change a transplant medicine.

My Questions and Notes

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Toll-free help line: **855.NKF.CARES** or email: **nkfcares@kidney.org**



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