The challenges post kidney transplant
Check ups

for the continuation of the therapeutic path

Regular follow-up visits at the transplant centre alongside regular blood samples, urine tests and diagnostic control tests.
Patients have to learn and adopt practical measures to manage the immunosuppressive treatment which consists of different types of medications with different schedules.

Dedicated apps or pill organizers can help the patient remember when to take their meds.
Patients need to be careful with their lifestyle and exposure to risk factors as the use of anti-rejection medication can cause some complications:

They tend to have increased risk of:

- Neurological complications
- Infections
- Diabetes
- Cancer
- Hypertension