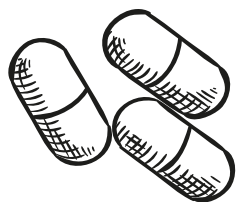
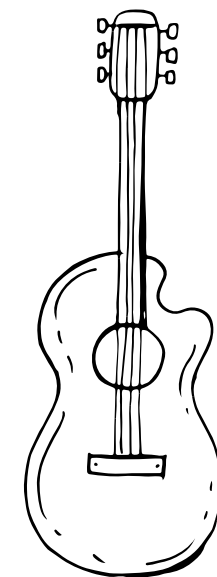
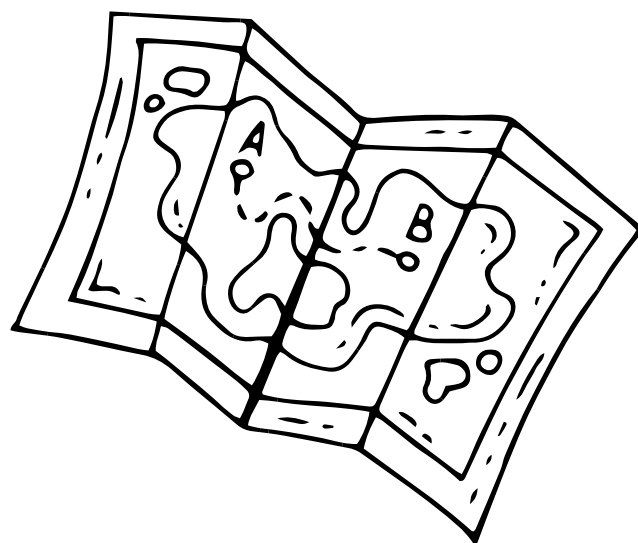
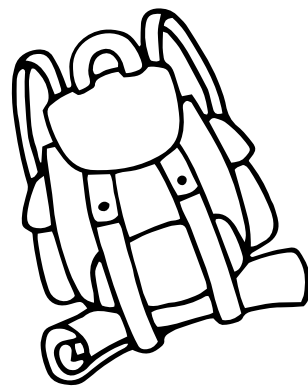
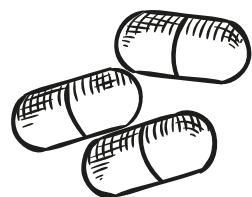
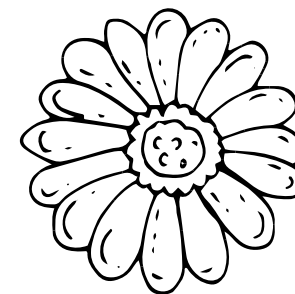
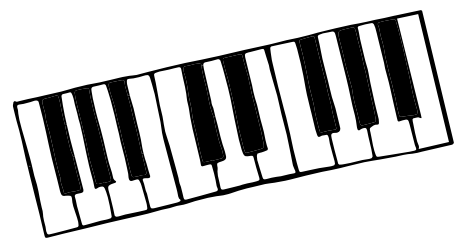


New habits



with a new kidney



with the unconditional
unrestricted grant of

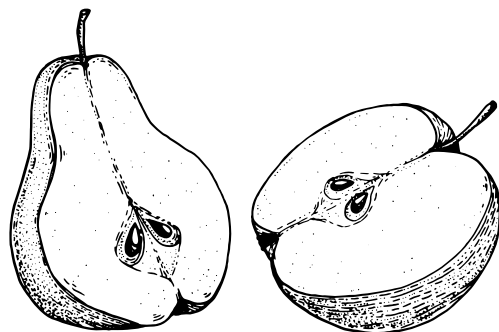




Eating and drinking habits after transplant

Diet

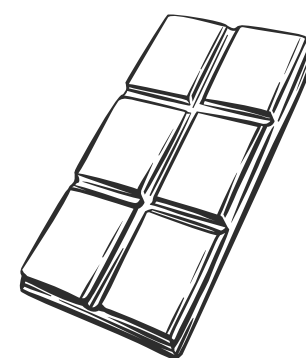
Wholewheat grains are ok, but only in adequate amount



No exceeding of calories, sugars and fats

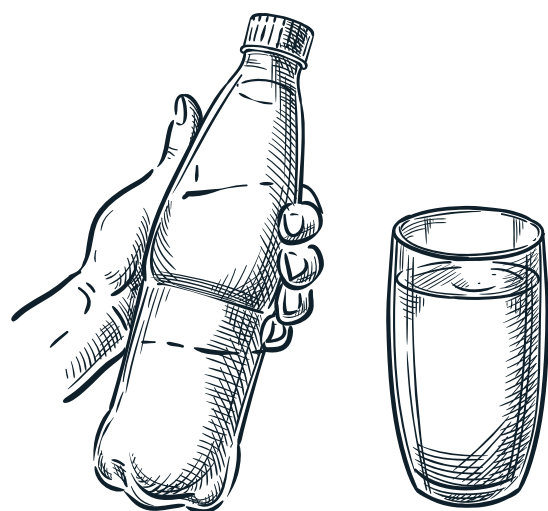


Fruits and vegetable need to be washed well



Avoid excessive salt

Drinks



Intake of recommended water amount

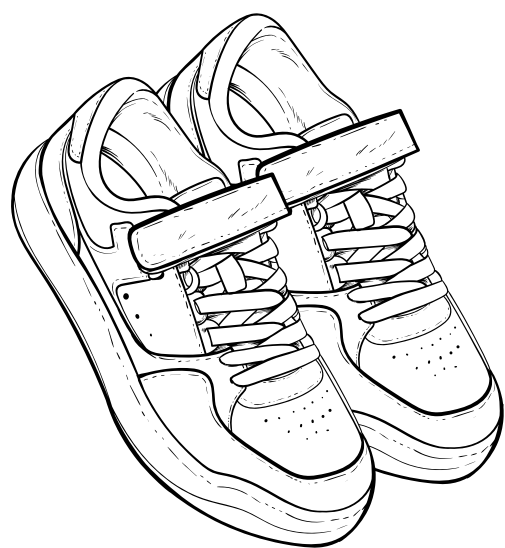


Avoid alcohol



Exercise, beneficial for patients

Yes



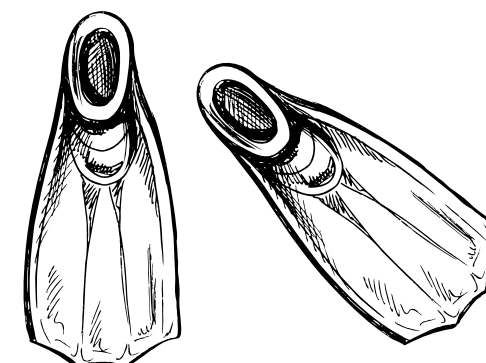
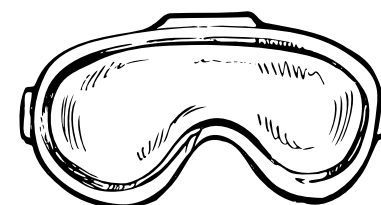
Walking



Running

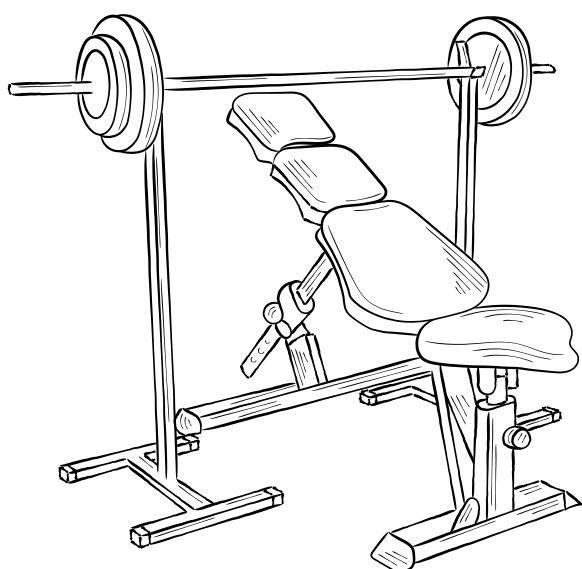


Cycling

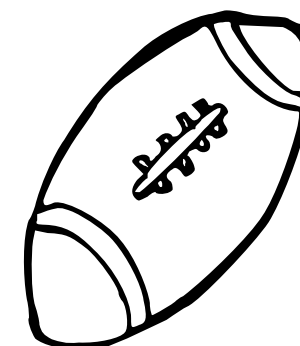
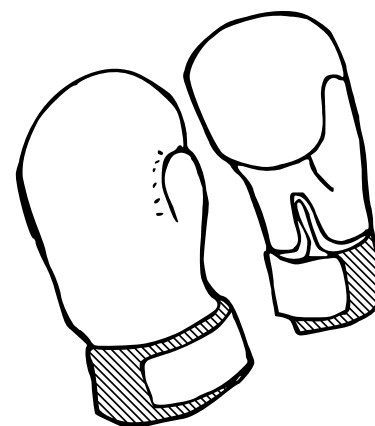


Swimming

No



Heavy lifting

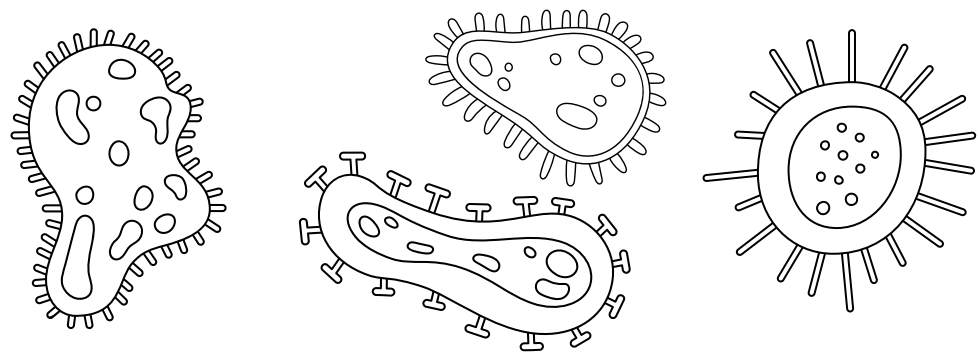


Contact sports



Risk of infections

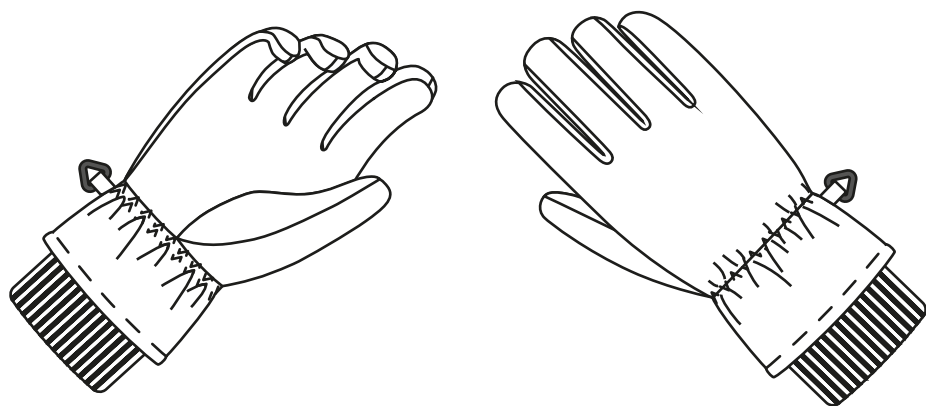
Patients need to adopt a few precautions post-transplant



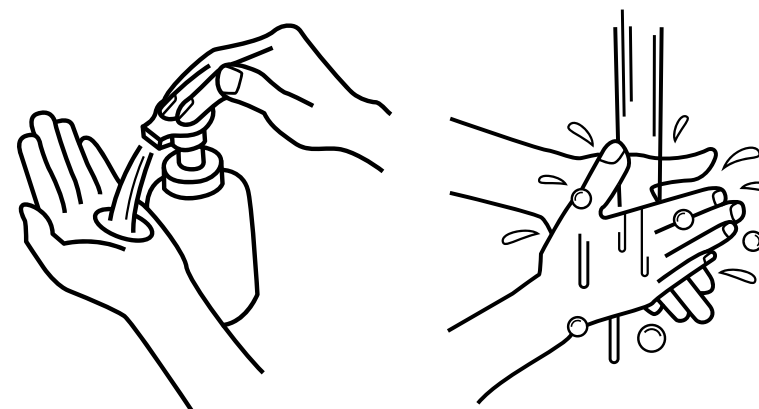
Avoid contact with people with ongoing infections



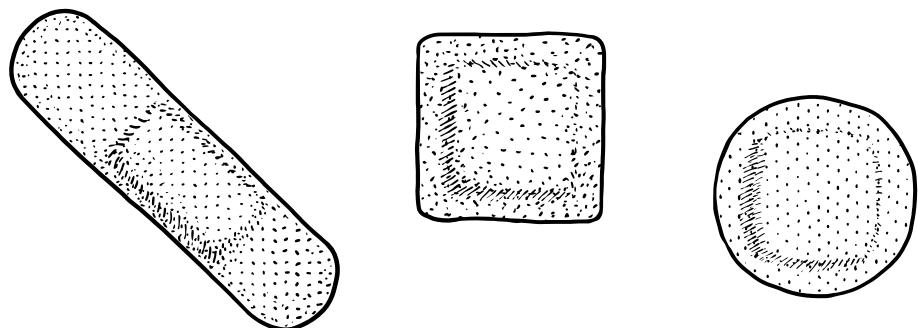
Avoid places with a lot of dust



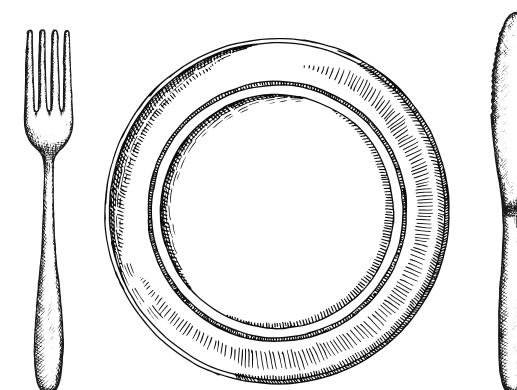
Always wear shoes and gloves for outdoor activities



Wash hands frequently



Be regular with infection prevention medications

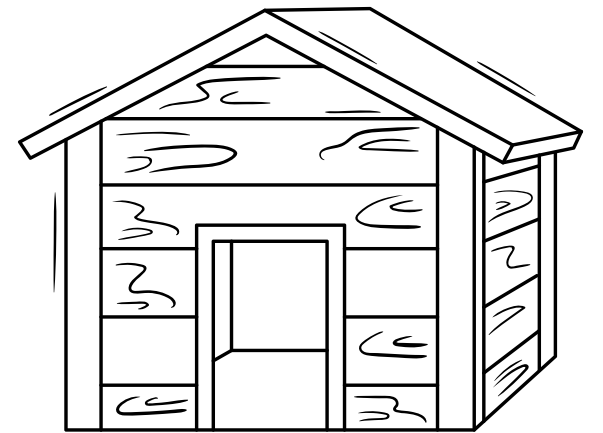
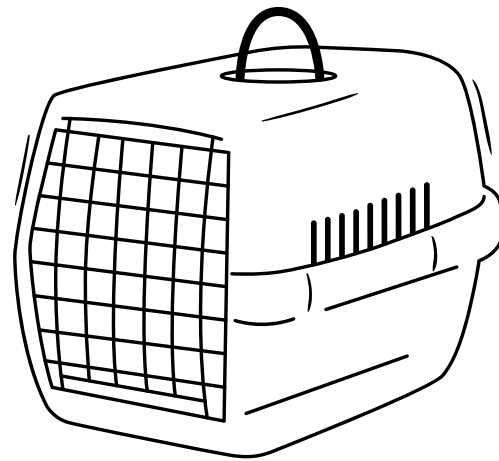
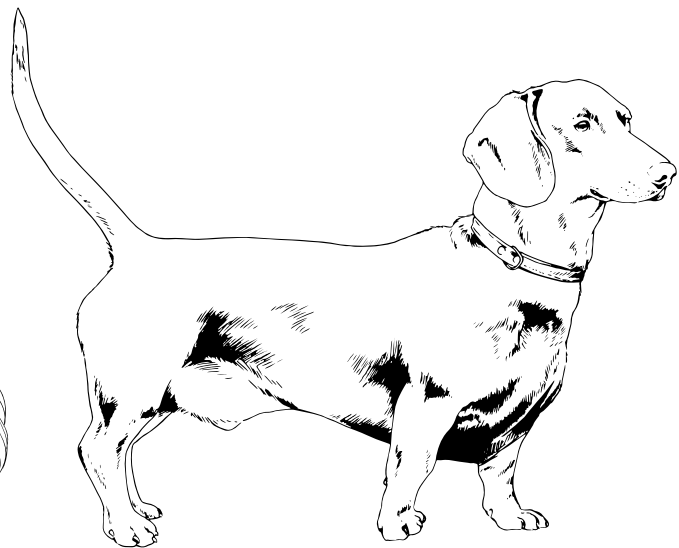


No sharing of toothbrushes, razors and dishes



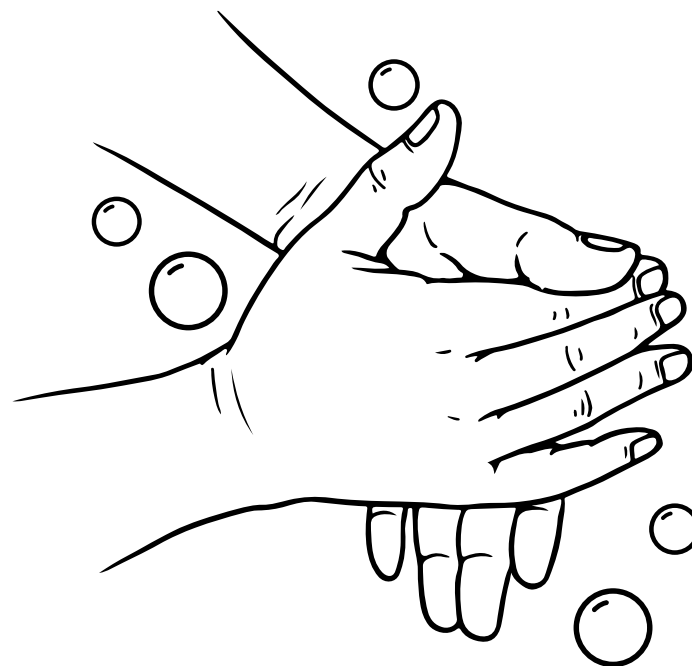
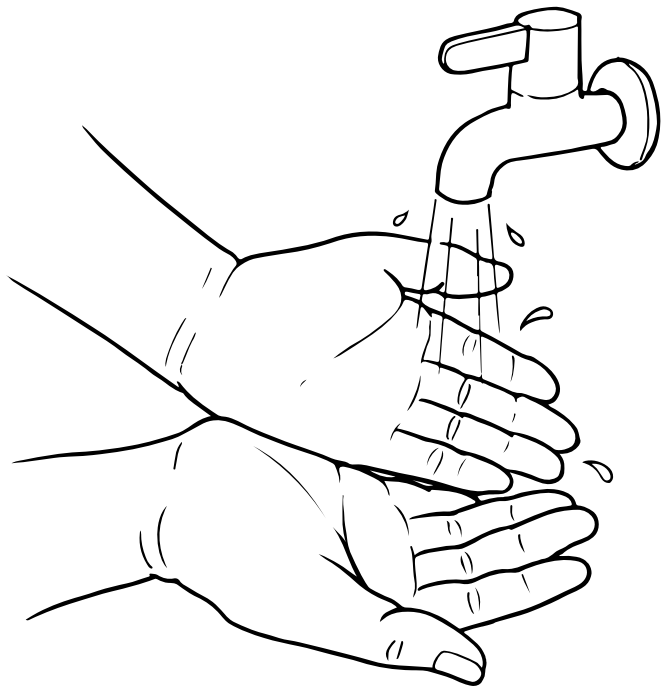
Owning a pet

can require some extra efforts for patients



Regular veterinary
check-ups and vaccines

Cannot clean cages,
kennels and litter boxes

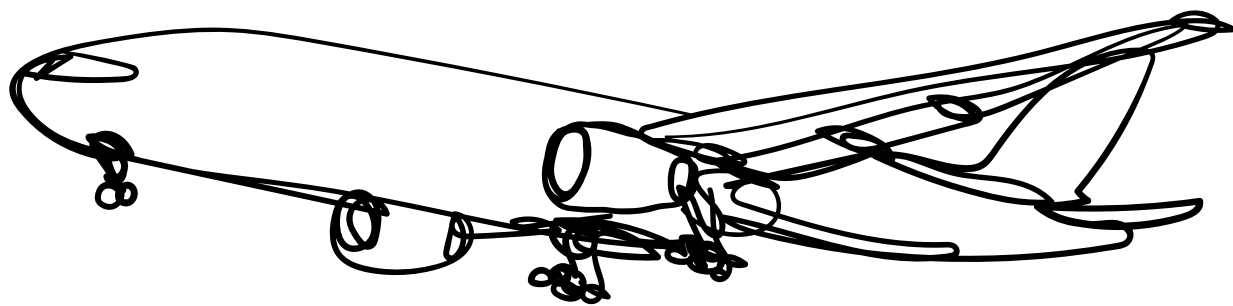


Always important
to wash hands after petting it

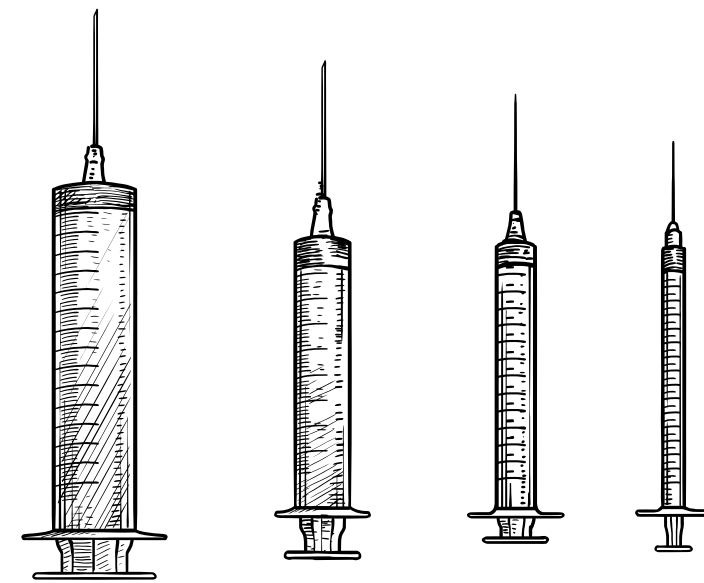


Travelling

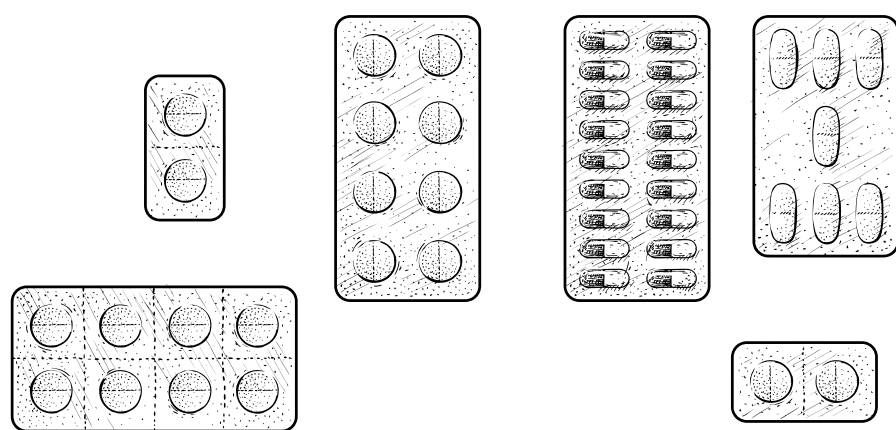
patients have to keep in mind a few aspects



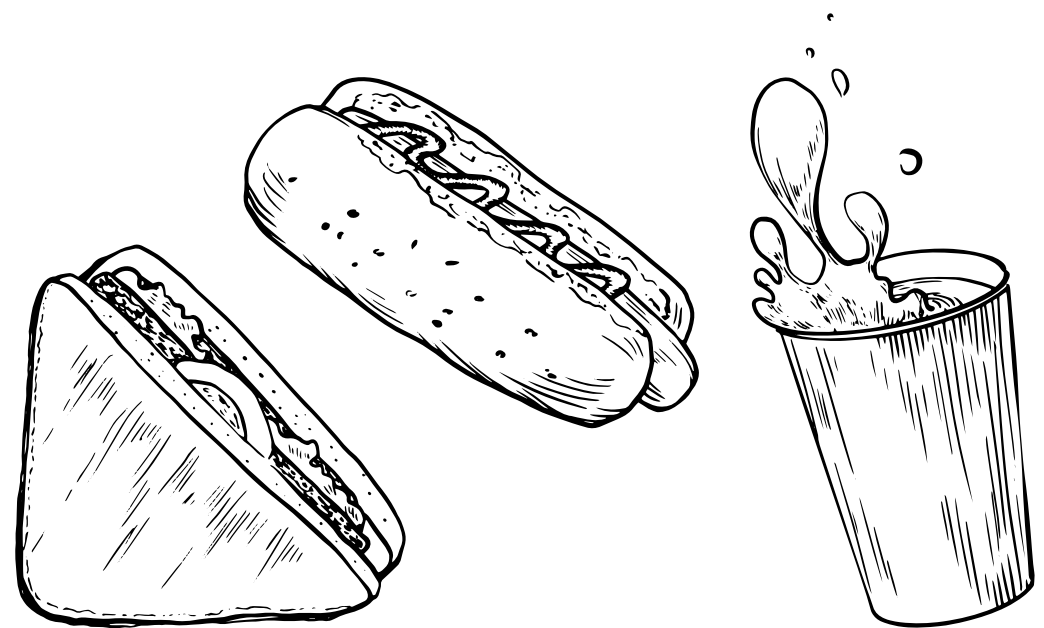
Choose to travel only to developed countries just after the transplant (avoid international travel during the first year, unless necessary)



Take the necessary vaccinations and medications



Adapt the medicines intake according to time zones



No eating of street food, especially raw