New habits
with a new kidney
**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
Patients need to adopt a few precautions post-transplant:

- Avoid contact with people with ongoing infections
- Always wear shoes and gloves for outdoor activities
- Wash hands frequently
- Avoid places with a lot of dust
- 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
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