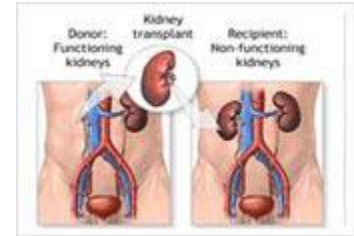


# Kidney Transplant India

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## Kidney Transplant

A kidney transplant is a surgical procedure to place a functioning kidney from a donor into a person whose kidneys no longer function properly. When a person's kidneys fail, three treatment options are available: hemodialysis, peritoneal dialysis and kidney transplantation. Many patients feel that a successful kidney transplant provides a better quality of life because it allows greater freedom and often is associated with increased energy levels and a less restricted diet. In making a decision about whether this is the best treatment for you, you may find it helpful to talk to people who already have had a kidney transplant. You also need to speak to your doctor, nurse and family members.



## The Surgery

Kidney transplants are performed with general anesthesia, so you're not aware during the procedure. The surgical team monitors your heart rate, blood pressure and blood oxygen level throughout the procedure.

During the surgery:

- The surgeon makes an incision and places the new kidney in your lower abdomen. Unless your own kidneys are causing complications such as high blood pressure or infection, they are left in place.
- The blood vessels of the new kidney are attached to blood vessels in the lower part of your abdomen, just above one of your legs.
- The new kidney's ureter — the tube that links the kidney to the bladder — is connected to your bladder.

Kidney transplant surgery usually lasts about three to four hours.

## After the Surgery

After your kidney transplant, you can expect to:

1. **Spend several days to a week in the hospital.** Doctors and nurses monitor your condition in the hospital's transplant recovery area to watch for signs of complications. Your new kidney will make urine like your own kidneys did when they were healthy. Often this starts immediately. In other cases it takes several days. Expect soreness or pain around the incision site while you're healing.

2. **Have frequent checkups as you continue recovering.** After you leave the hospital, close monitoring is necessary for a few weeks. Your transplant team will develop a checkup schedule for you. During this time, if you live in another town, you may need to make arrangements to stay close to the transplant center.
3. **Take medications the rest of your life.** You'll take a number of medications after your kidney transplant. Drugs called immunosuppressant help keep your immune system from attacking your new kidney. Additional drugs help reduce the risk of other complications, such as infection, after your transplant.

## Rejection

The most important complication is the body rejecting the donor kidney. You will need to take medications daily to prevent rejection of your new kidney. Additional treatment may be needed if a rejection episode occurs. Regular checkups at your transplant center will ensure early detection and treatment of rejection.

## Diet

Kidney transplants, like all the other treatments for kidney failure, often require following special diet guidelines. If you were on dialysis before, you may find this new diet less restricted. The length of time to follow the special diet varies. Your progress will be constantly followed closely, and your doctor and dietitian will change your diet as and when needed.

## Complication

Kidney transplant surgery carries a risk of significant complications, including:

1. Blood clots
2. Bleeding
3. Leaking from or blockage of the tube (ureter) that links the kidney to the bladder
4. Infection
5. Failure of the donated kidney
6. Rejection of the donated kidney

## Blood Type

The first test establishes blood type. There are four blood types - A, B, AB and O. Everyone fits into one of these inherited groups. The recipient and donor must have either the same blood type or compatible ones. The list below shows compatible types.

- If your blood type is A  
Donor blood type must be A or O



- If your blood type is B  
Donor blood type must be B or O
- If your blood type is AB (universal recipient) Donor blood type must be A, B, AB or O
- If your blood type is O (universal donor) Donor blood type must be O

The AB blood type, called the universal recipient, is the easiest to match because the individual accepts all blood types. Blood type O, called the universal donor, is the hardest to match.

Although people with blood type O can donate to all types, they can only receive kidneys from blood type O donors. For example, if a patient with blood type O were transplanted with a kidney from an A donor, the body would recognize the donor kidney as foreign and destroy it. The Rh type (+, -) is not a factor in donor matching.