

## **Dietary Advice Following Renal Transplant**

After you had a successful transplant (and the kidney is working well) you should be able to relax many aspects of your diet as follows:

**No added salt** – It is advisable to continue to reduce the salt content of your diet as this will assist with long term blood pressure control.

**Potassium** – The majority of patients can safely increase their intake of high potassium foods and therefore relax any restrictions they have been on. Occasionally, some patients run high potassium levels and you should check with medical staff what your levels are.

**Phosphate** – Often following a transplant, phosphate levels are low in the blood and therefore no dietary restriction is required. In some cases you may be asked to increase your consumption of dairy products.

**Calcium** – With long term steroid use, it is important to ensure an adequate calcium intake for bone protection. You may also be prescribed a calcium supplement (also known as a phosphate binder) but this should be taken without food.

**Protein and calories** – Initially during the immediate post-operative period it is important to eat enough protein and energy/calorie rich foods. However, in the longer term, often as a result of increased appetite, patients tend to gain flesh weight. If this happens it is advisable to cut back on fats and sugars in the diet to assist with controlling weight and possibly cholesterol levels. More information on healthy eating can be found on the EDREN website ([www.edren.org](http://www.edren.org)) or from your GP Practice. Regular exercise is also an important part of maintaining a healthy weight.

**Please note that Cyclosporin and Tacrolimus react with grapefruit juice and therefore fresh/tinned grapefruit and grapefruit juice should be avoided.**

**Herbal preparations** – in general these should be avoided. (Check with your doctor or pharmacist).

**Skin** – The anti-rejection drugs (immunosuppressants) do cause an increased risk of developing skin cancer therefore you should avoid sunbeds, sunbathing, and use high protection sun screens

**Please contact your local Renal Dietician if you have any further queries regarding your diet.**

Renal Dieticians