

FOOD SAFETY POST TRANSPLANT

Following a transplant, you will be prescribed immunosuppressant medication to prevent the body rejecting the new organ. As a result of this therapy you have an increased risk of picking up an infection, which could be food-related. It is therefore sensible to follow the advice below for six months post-operatively to minimize the risk.

AVOID

- Raw or undercooked meats, processed pork, Offal, poultry or fish. Eg: uncooked salami, pastrami, parma ham, sausages, smoked salmon & sushi that contains raw fish.
- When cooking clams, mussels & oysters, ensure the shells open during cooking - throw out ones that don't open after cooking.
- Unpasteurised milk products. Check the label – if it does not say 'pasteurized', avoid.
- Foods from open delicatessen counters – choose pre-wrapped foods from the chilled counters.
- Refreezing food that has been previously frozen.
- Raw, unpasteurized or strained honey & fresh honey comb.
- Probiotics or bio containing drinks & yoghurts.
- Ice-based drinks Eg: Slush puppy & ice made from ice machines in public places.
- Ice-cream sold from vans including soft serve ice-cream.
- Raw or unshelled nuts which have not undergone a process of heating Eg: roasting.
- Pate & mould ripened cheeses like Brie, Camembert and blue veined types, Eg: Danish Blue & Stilton
- Foods containing raw eggs Eg: Home-made mayonnaise.

ENSURE

- Fruit, veg & salad are washed thoroughly before use. Peel if necessary.
- All processed foods containing pig meat is well cooked, especially sausages & offal.
- All shellfish must be well cooked & served as part of a hot dish.
- Rice is served hot and eaten immediately. Never re-heat cooked rice.
- Honey is pasteurised & filtered.
- Work surfaces are disinfected after preparing raw meat/poultry and before preparing cooked foods or salads.
- Cooked foods are immediately chilled or frozen after preparation.
- Food is defrosted completely and cooked thoroughly.
- Take chilled and frozen foods home quickly or use a cool bag if there is to be a delay.
- Do not eat foods after their 'Use By Date'.
- Prepare and store raw and cooked foods separately. Make sure meats in the fridge cannot drip onto cooked foods or salad. Store raw food on the bottom shelf.
- If using Lion Code/ stamped eggs these can be eaten runny/undercooked but all other eggs must be thoroughly cooked. Throw away cracked eggs. Store eggs in the fridge.
- Use a fridge/freezer thermometer. The coldest part of your fridge should be 0-5°C, and your freezer should be -18°C or below.
- If eating Take-Away foods ensure food is cooked fresh & from a reputable source.

ADDITIONAL RISKS

- Contaminated soil and undercooked meat can cause another type of infection called toxoplasmosis. For this reason always wash hands immediately and thoroughly after contact with pets or animals, after gardening and returning from park areas.
- If you have a pet, ask someone else to empty the litter tray or use gloves and wash hands thoroughly.