

About Kidney Transplant Rejection

Frequently asked questions

What does kidney transplant rejection feel like?

Usually you can't feel anything.

How do I know if I have rejection?

Labs show higher serum creatinine, so doctors order a biopsy of your kidney transplant.

How much medicine can I miss before I have rejection?

It only takes a few missed doses to start the rejection process, even if you can't see it in your labs yet.




How do you treat rejection?

Hospital admission with IV medicines and sometimes a special treatment called plasmapheresis.

What happens if treatment does not work?

You may need to start dialysis treatment.

Tips for avoiding kidney transplant rejection

-  **Always take your medicines ON TIME.**
See back for helpful tips.
-  **Ask for help.**
Taking medicines is hard! Challenging times and busy times are usually when doses are missed. Please let us know if you are having trouble with your medicines. You won't get in trouble — we will just try to help you get the assistance you need.
-  **Let's be a team.**
Parents and caregivers should help you organize and remember to take your medicines until you all have a good system. Everyone can benefit from support and encouragement! Let your kidney transplant team help you make a plan if you will be taking on more responsibility with your medicines.



Strategies to Remember to Take Your Medicines



Use a pillbox

At the beginning of each week, organize your medicines into a pillbox. This can help you remember what medicines to take and if you took them today! Store your pillbox in a place you will see every day.



Set phone alarms

Set alarms on your phone that will ring every day at the **same time**. This will help you remember to take your medicine **on time**.



Pair it

Pick something that you do every day at the **same time** and take your medicine right before or after that activity.



Taking your medicines **on time** every day is an important way to keep your kidney transplant healthy and rejection free.

