

Infection Prevention for Liver/Kidney/Pancreas Transplant Patients

What a Patient Should Know

Infection is common among post-transplant patients as a consequence of immunosuppression medications.

Prevention of infection becomes a major challenge for both the transplant team and you, the patient.

Care to be taken for infection prevention -

- Need to make some lifestyle modifications to protect yourself from bacteria, fungi, and viruses.
- Maintain good personal hygiene everyday
- Do not share your personal items such as towels, hair brushes, razors, eating utensils, etc. with others and be aware of your physical environment as well
- Frequent hand washing (for three minutes each time) and avoiding touching your eyes, nose, and mouth before washing your hands can prevent many infectious diseases.
- Precautions should be taken while having food items related to poultry, meat, fish, fruits, vegetables

- Avoid visiting crowded places
 - Fairs/ Festivals/Exhibitions/Zoos (Birds, fish, and reptiles can carry many bacteria and viruses).
- Avoid Contact with Soil and active gardening for 6 months from Transplant
- *health benefits of exercise* - lowering blood pressure, controlling blood sugar, weight loss, strengthening bones and muscles, and improving lipid (blood fat) levels.
- Keeping a good immunization record is important for transplant recipients.