

# KNOW YOUR TRANSPLANT NUMBERS

## WHY IS KNOWING YOUR NUMBERS IMPORTANT?

Knowing your numbers will help you to:

- Assess for yourself how well your treatment is going
- Explain some of your symptoms
- Know if your treatment needs changing
- Compare your results with national targets

## HOW DO I FIND OUT MY NUMBERS?

You should be told your numbers by hospital staff when you attend for appointment or during a home visit. **If not, ask for them.** Staff should be able to discuss your numbers with you.

*Always check the local normal range for the numbers with staff as it may vary between hospitals; and alter the target values.*

## PERSONAL DETAILS

Name	
Address	
	Postcode
Renal Unit	
Renal Nurse	



**NATIONAL  
KIDNEY PATENTS'  
Helpline**

**0845 601 02 09** Calls charged at local rate

The patients' helpline, run by patients - for patients

 [www.kidney.org.uk](http://www.kidney.org.uk)

**KNOW YOUR TRANSPLANT NUMBERS**

## National Kidney Federation

The Point, Coach Road, Shireoaks, Worksop, Nottinghamshire S81 8BW  
 Tel: 01909 544999 Fax: 01909 481723 E-mail: [nkf@kidney.org.uk](mailto:nkf@kidney.org.uk)  
 Website: [www.kidney.org.uk](http://www.kidney.org.uk)  
 Charity No. 1106735 Company No. 5272349 Registered in England & Wales  
 Give as You Earn contributions No. CAF. GY511

STANDARD	TARGET	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
<b>Creatinine</b>	Ask your doctor												
<b>Haemoglobin</b>	11-16.5 g/dl for women, 12-18 for men												
<b>White cell count</b>	4-11 x 10 <sup>9</sup> /l												
<b>Potassium</b>	3.5 to 5.5 mmol/l												
<b>Systolic BP</b>	≤130 mmHg												
<b>Diastolic BP</b>	≤80 mmHg												
<b>Cholesterol</b>	Under 5.0 mmol/l												
<b>Weight</b>	Ask your dietitian												
<b>Drug level</b>	Ask your doctor or nurse												

## DEFINITIONS

**Creatinine:** Creatinine is an important waste product removed by the kidney. A low level in the blood means the kidney is working well, a high level means the kidney is working less well. There is not a 'normal' range for creatinine in transplant patients but the average creatinine level in transplant patients is 150 µmol/l.

**Haemoglobin:** (Hb) is the substance in red blood cells which carries oxygen around the body. Too low a level of Hb is known as anaemia. Anaemia causes tiredness, shortness of breath and paleness - it may need treatment with iron or with erythropoietin (EPO) injections.

**White cell count:** White cells are found in the blood and are an important part of the body's defence against infection. Too low a level can mean there is a risk of infection.

**Potassium:** Potassium is a mineral that is normally removed by the kidneys and by dialysis. Too high or too low a potassium level may cause a disturbance to the rhythm of your heart.

**Blood Pressure:** Blood Pressure is the pressure produced by the heart to pump blood around the body. Too high a blood pressure increases the risk of heart attacks and strokes and is treated by blood pressure tablets.

**Weight:** Weight gain occurs in almost everyone after a transplant. This is a good

thing up to a point, because many people on dialysis are under their natural weight. However, excessive weight gain must be avoided.

**Cholesterol:** Cholesterol is a type of fat carried in the blood. Fatty narrowings of blood vessels, which can cause heart attacks, are more likely to occur if the cholesterol level is too high.

**Drug level:** Some of the anti-rejection drugs prescribed to transplant patients work best when the concentration of the drug in the blood is in a target range. Unfortunately, different people require different doses of these drugs to get to the target range, and individuals may need frequent dose changes to keep their blood level in this target range.