



# HELPING TAKE CONTROL OF YOUR LONG- TERM HEALTH

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UNDERSTANDING YOUR ROLE

**ASTELLAS CARES™**  
TRANSPLANT

# WELCOME TO ASTELLAS CARES™

## **YOUR ROLE IN TRANSPLANT HEALTH**

Staying healthy throughout your transplant journey isn't always easy. Your family, friends, and loved ones are continually supporting you. But you must remember that you are one of the most important members of your transplant team. Everything you do and every decision you make may impact not only the health of your transplanted organ, but also your overall health and how well you feel in the future.

**This brochure provides guidance that can help you throughout your transplant journey. It is one of the many resources available at [AstellasCares.com](https://www.astellascares.com).**

The information contained in this brochure is provided for educational purposes only and should not replace discussions with a healthcare professional.

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**YOUR  
MEDICATIONS  
ARE  
ESSENTIAL  
TO YOUR  
TRANSPLANT  
HEALTH**

**SECTION**

## **PREVENTING ORGAN REJECTION**

After surgery, your immune system often thinks that your new organ is a foreign infection and tries to clear it from your body. This natural response is known as organ rejection. Your doctor will give you medications (called immunosuppressants) to help prevent organ rejection and allow the transplanted organ to function in your body. Taking your immunosuppressants and other medications exactly as prescribed is important. If you experience any side effects, talk with your transplant team about them.

## **STAYING DEDICATED TO YOUR HEALTH**

To help protect your health and that of your transplanted organ, it is very important to take your medications as prescribed, even if you're feeling great. Remember, rejection can happen at any time—even many years after your transplant.

Missing doses of your medications can change the amount of drug in your blood. Irregular drug levels can lead to rejection and the loss of your transplanted organ. Be sure to follow your doctor's instructions exactly. Again, if you experience any side effects, it is important to talk to your doctor about them.



**AS OF MAY 2020, THERE  
WERE MORE THAN 112,000  
INDIVIDUALS ON THE  
TRANSPLANT WAITING LIST.**

*Your organ is a precious gift, and honoring that gift requires a lifelong commitment to care.*

# SECTION

# 2



**HELP TAKE  
CONTROL  
OF YOUR  
TRANSPLANT  
HEALTH—  
YOUR  
LIFELONG  
JOURNEY**

## **LIVING WITH YOUR NEW ORGAN**

Adapting to your new life after transplantation can be hard. The need for ongoing medication treatment can be a challenge. You may have many pills to take and different medications that you must remember to take at different times of the day. If your medication schedule feels too complicated, talk with your transplant team. Your doctor may suggest other approaches and options for you.

## **STAYING THE COURSE**

As time passes, you should feel better and be able to resume many of your normal activities. Some transplant recipients become less concerned about taking their medications because they may not feel it is as important as it used to be. But that is simply not true. Transplant health is a lifelong journey, and the success of your transplanted organ depends on your continual and active role in your health.

## **STAYING INFORMED**

One of the best ways to protect your transplanted organ is to understand everything you can about your overall health so you can be more informed about your treatment. If you ever have any problems with treatment, talk to a member of your transplant team. Your transplant team may adjust your medications to help address any concerns or problems you may be experiencing.



**REMEMBER TO TAKE YOUR  
MEDICATIONS EVERY DAY,  
OR AS PRESCRIBED BY  
YOUR DOCTOR.**

**SECTION**

**3**



**LIVING  
HEALTHY**



## **MAINTAINING A BALANCED DIET**

Proper nutrition is important after you receive your transplant. Some of the medications you will probably be taking to protect your organ from rejection may also have an effect on how your body processes food. Eating healthy may help prevent unnecessary weight gain, thereby reducing your risk of heart disease, diabetes, and high blood pressure.

The following tips may help you maintain a healthy diet:

- + Eat a balanced diet containing plenty of fruits and vegetables
- + Cut down on salt and sodium
- + Limit your intake of processed snacks

## **MAKING EXERCISE A PART OF YOUR ROUTINE**

As you begin to feel better, you may restart or begin an exercise regimen. Talk to your doctor about when you should start to incorporate exercise into your daily life. After your transplant, you may feel tired, so be sure to move at your own pace and take breaks when exercising.



**FIND MORE INFORMATION  
ABOUT TRANSPLANTATION  
AND HEALTHY LIVING AT  
[ASTELLASCARES.COM.](https://www.astellascares.com)**



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## HELPFUL TIPS FOR STAYING ON TRACK WITH YOUR MEDICATIONS

Following your medication regimen and your transplant team's instructions can sometimes be difficult, but there are a lot of ways to help make it easier. The table on the next page offers ideas that you may find helpful.

## COMMON ISSUES

### FORGETTING TO TAKE MEDICATION

- + Use the treatment diary at the end of this booklet
- + Organize your medications in a pill box\* with a timer
- + Write down all important information about each medication (for example, when to take, what dose, with or without food, etc.)
- + Make taking your medications a part of your daily routine (for example, take them after you shower)
- + Use an alarm that will remind you to take your medications at the same time each day
- + Ask your doctor if there is a simpler regimen you can follow

### DIFFICULTY REFILLING MEDICATION

- + Use pharmacy services such as automatic refills and medication delivery
- + Mark the date on your calendar for when you need to refill your prescription

### MEDICATION COST

- + Talk to your transplant team about options for financial assistance

### SIDE EFFECTS

- + If you are experiencing bothersome side effects, talk to your doctor about ways to help manage them—don't stop your treatment
- + Keep phone numbers of your transplant team with you—store the numbers in your cell phone or keep them on a card in your wallet
- + Work with your transplant team to develop a nutrition and exercise program that may help you feel healthier and stronger
- + Ask your doctor if there are different approaches and options to help reduce your side effects

### GETTING TO YOUR APPOINTMENTS

- + Keep your appointment card in your wallet as a reminder
- + Write your appointments on your calendar so you see them often
- + If your cell phone has a reminder feature, set a reminder for your appointment day and time
- + If you cannot drive, talk to your friends and family when appointments are made to see if someone can provide a ride
- + Check public transportation schedules for convenient times to make appointments

\*Some medications cannot be stored in a pill box. Talk with your doctor about whether or not the medicines you take can be stored and organized in a pill box.

# MY TRANSPLANT HEALTH

## MY MEDICATION SCHEDULE

	Time	Notes	Name of Medication	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING										
AFTERNOON										
EVENING										

# MY TRANSPLANT HEALTH

## MY NUTRITION SCHEDULE DATE: \_\_\_\_\_

	Serving Size	Food	Notes
BREAKFAST			
LUNCH			
DINNER			

## MY EXERCISE PLAN

Date	Exercise	Length of Time	Notes

# JOIN THE TRANSPLANT COMMUNITY

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Additional resources on transplant health are available  
at [AstellasCares.com](https://www.astellascares.com).