



Nutrition for Transplant Patients: Transitioning from Dialysis to Transplant

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Pretransplant Evaluation

- 1. Obtain Baseline Data
 - 2. Assessment
 - 3. Intervention
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Post Transplant-Acute Phase

- 1. Evaluate Patient
 - 2. Labs, Ht., Wt.
 - 3. Kidney function-delayed?
 - 4. Appetite
 - 5. Calculate calorie and protein needs
 - 6. Suggest diet progression and continue to monitor for changes
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Medications and Side Effects (Acute)

- 1. Steroids
 - 2. Tacrolimus or Neoral, Sirolimus
 - 3. Cellcept
 - 4. Antivirals, Antifungals
 - 5. Electrolyte Replacements (Mg, Phos.)
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Nutrition Suggestions Before Discharge

- 1. How is the new kidney working?
 - 2. How are the blood sugars? (Hershey Study)
 - 3. Htn., Lipids, Hx. of Heart Dz.?
 - 4. Bone Dz. (Vit. D supplement?)
 - 5. Hg., Hct., Iron Stores
 - 6. Possible Wt. Issues
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Posttransplant Phase

- 1. MNT Goals(follow in out.-pt. clinic)
 - 2.Team followup
(surgeon,nephrologist,dietitian,edocrinologist,nurses,social workers,mentors)
 - 3.Common problems (medication levels,blood sugars,wt. gain and lipids,compliance and insurance issues)
 - 4.phone calls
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Summary

- Case study
 - Bibliography
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