



Information for
patients and
carers

Kidney transplant patients and sport

This leaflet explains precautions for kidney transplant patients who want to exercise after their transplant.

Evidence-based recommendations on this subject do not exist. The following statements are based on personal and institutional experience:

- We would advise that you should not participate in any sports within the first three months after kidney transplantation
- We recommend that you talk to your kidney doctor if you wish to start exercise after transplant. The advice given will depend on risk profile, age, and other medical conditions. For example, a few months after transplantation, simple walking gradually increasing the distance can be considered. If there are no complications some easy cycling may be recommended as well. Avoid uphill cycling and racing within the first year
- **Avoid weights/gym in the first year after transplantation.** This may impair healing of the scar or even cause your wound to reopen. This will also increase your risk of developing a hernia. Also, your bones may be more prone to fractures. The immuno-suppressive medication may also affect your skeleton. We would advise to speak to your consultant nephrologist before you start weightlifting or going to the gym so that you can receive appropriate advice
- You will be more prone to pick up an infection than healthy people because of your immunosuppressive medication. For example, you will catch a cold much easier. Do not exercise if you have a cold
- **Avoid contact sports** (rugby, martial arts) where you may be at risk of sustaining injury to your transplanted kidney. Patients following kidney transplantation are at higher risk of complications, such as infection or impaired wound healing, if they sustain an injury. This is because of the immuno-suppressive medication
- Swimming is a good form of exercise and does not affect your bones or spine. Swimming in the sea or public swimming pools should not

cause problems but rivers and small tarns should perhaps be avoided because they may contain dangerous bugs

- **Jacuzzi baths should be avoided** by transplant patients - some dangerous bugs (pseudomonas) live there. We would advise that you consult your doctor before using saunas because the sauna may affect your blood pressure and hydration level especially if you perspire excessively
- **Do not overdo it when you exercise.** Go easy; you are a transplant patient. Remember to drink plenty of fluids when you exercise. Ask your nephrologist to review your medication: Some drugs (e.g., beta blockers) should be taken after sports and not before
- **Kidney Beam** (<https://beamfeelgood.com>) offers you a way to improve your physical activity in your own home. The online platform is hosted by specialist kidney professionals, and is aimed at anyone over 16, with any ability, any kidney condition, and at any stage of kidney disease
- **Transplant Sport** (www.transplantsport.org.uk) is a website is operated by a group founded in 1978 by Maurice Slapak a surgeon who brought together transplant patients to hold the first Transplant Games in Portsmouth. There are Transplant Games every year both locally and worldwide

Disclaimer: This leaflet was compiled on the basis of personal, institutional and published experience. Other recommendations may apply to individual patients. The contents of this leaflet do not replace a consultation with the transplant team/nephrologists.

Contact details

Should you require further advice or information please contact:

Kidney Transplant Team / Phone 01772-523475 (answer machine)

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.kidney.org.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Reference

Gregory DW & Schaffner W (1987) Pseudomonas infections associated with hot tubs and other environments. Infectious Disease Clinics of North America, 1(3):635-48.

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست ہو یسکت ہے برا ئے مہر یان پو ے یچھہ ی۔ معلومات

Arabic:

مطبوعه بأ ح ر ف ك ب س ر ة و بلغات إذا كنت تر يد مساعده في فهم هذه لمعلومات يُر جى أن تطلب أخرى يمكن تو فسير هذه المعلوما ت

Department: Renal

Division: Medicine

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