

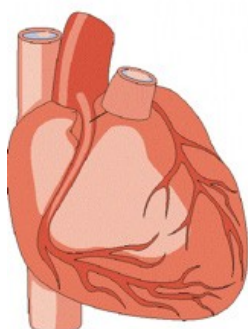


Information for patients

Kidney transplant patients and cholesterol

This leaflet explains the importance of cholesterol for kidney transplant patients.

- All kidney transplant patients have an increased risk of cardiovascular disease (heart attack, stroke).
- Blood pressure control (see leaflet “High blood pressure and risks for heart and blood vessels following kidney transplantation”), treatment of diabetes (if present) and smoking cessation are very important to reduce the risk.
- Elevated cholesterol is another very important risk factor.
- The cholesterol (lipid profile) of all transplant patients should be checked regularly, i.e. at least once a year. This is best done fasting. It can be done by your general practitioner.
- The target range for cholesterol should be determined by your consultant kidney doctor because this depends on individual cardiovascular risk i.e. whether you have heart disease already or not.



Elevated cholesterol is dangerous for your heart

- **Modification of the diet** should always be the first step to reduce cholesterol levels. Speak to a dietician – we can refer you to our experienced team of renal dieticians.
- Several drugs (statins, ezetimibe and fibrates) can be used to reduce cholesterol levels if modification of diet alone has failed. These drugs are very effective but **they must be used with caution in transplant patients**.
- Some statins (the most commonly used drugs to reduce cholesterol) may interact with immuno-suppressive medication in some patients. It is therefore important that statins are started by or after consultation with the nephrologist/ transplant physician.
- Blood levels of the immuno-suppressive medication may have to be monitored after a statin has been started.
- Do not change or stop the statin or increase/decrease the dose without expert advice: This can cause sudden changes in your blood levels of the immunosuppressive medication.



Modern medication is available to reduce serum cholesterol if modification of diet has failed.

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.

Sources of further information

Contact us:

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

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

<https://www.kidney.org.uk/>

Reference:

The Renal Association (2017) Clinical practice guideline post-operative care in the kidney transplant recipient.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઇચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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

Department: Renal

Division: Medicine

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