

Pediatric ESRD Renal Transplantation Fact Sheet

Chronic Kidney Disease Stage 5 – What Is It?

Chronic kidney disease (CKD) stage 5 may occur as a result of many systemic disorders or congenital malformations. Children with CKD stage 5 (also known as End Stage Renal Disease [ESRD]) may experience fatigue, sluggishness, decreased urine output, anemia, bone disease and hypertension. The treatment involves the use of medication, special diet, and dialysis or transplantation.

After Kidney Transplant

Posttransplant patients require close observation for signs and symptoms of infection due to their immunosuppressed state. Fever should be reported to the Nephrologist or transplant team immediately. In addition, any exposure to community acquired diseases, such as influenza, measles, chicken pox should also be reported.

Symptoms of organ rejection may resemble symptoms of infection. The transplant team and Nephrologist should be notified of fever, malaise, unexplained weight gain, or pain over the kidney transplant.

Children with a kidney transplant should be encouraged to participate in physical activities. Direct contact sports may cause trauma to the transplanted kidney, located in the lower abdominal region. Therefore, for sports with potential for trauma, a kidney protector is recommended. Hydration is very important, particularly soon after the transplant. Children in school should have ready access to water and bathroom privileges.

General Transplant Medications

On the following page, please find a list of common medications prescribed for transplant patients.

| Medication | Brand | Use | Things to Remember |
|--|-----------------------------------|-------------------------------------|---|
| Acyclovir Capsule: 200 mg Tablet: 400 mg, 800 mg Liquid: 40 mg/ml | Zovirax™ | To prevent a viral infection | Take with food/milk to prevent stomach upset; Maintain hydration |
| Amlodipine Tablet: 2.5 mg, 5 mg, 10 mg | Norvasc™ | To control blood pressure | Proper oral hygiene is important; Can cause gingivitis |
| Aspirin Tablet: 80 mg (thin blood) | | For anticoagulation (thin blood) | Take with food/milk to prevent stomach upset |
| Azathioprine Tablet: 50 mg | Imuran™ | To prevent organ rejection | White blood cell count will be monitored |
| Cotrimoxazole Single strength tablets (80 mg trimethoprim) Double strength tablets (160 mg trimethoprim) Suspension: 8 mg TMP/ml | Bactrim™ Septra™ | To prevent a bacterial infection | Use sunscreen to prevent sunburn |
| Cyclosporine Capsule: 25 mg, 50 mg, 100 mg Liquid: 100 mg/ml | SandImmune™ Neoral™ Generic | To prevent rejection | Levels will be drawn before the morning dose |

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| Medication | Brand | Use | Things to Remember |
|--|--|-------------------------------|--|
| Famotidine Tablet: 20 mg, 40 mg Liquid: 8 mg/ml | Pepcid™ | To prevent a stomach ulcer | Do not take with antacids (for example, Maalox™, Mylanta™) |
| Ganciclovir Capsule: 250 mg, 500 mg | Cytovene | To prevent a viral infection | Take with food; If open cap-sule, wear gloves and mask; Maintain hydration |
| Iron supplements: Ferrous sulfate drops 25 mg/ml elemental iron Iron-polysaccharide complex 150 mg/cap elemental iron 20 mg/ml elemental iron | Fer-In-Sol™ Niferex-150™ Niferex™ | To replace iron | Take after meals Do NOT give with calcium or other dairy products (such as milk, yogurt, cheese) |
| Magnesium supplement: Magnesium gluconate Tablet: 500 mg = 27 mg elemental magnesium Liquid: 1000 mg/5 ml = 54 mg elemental magnesium/5 ml | Magonate | To replace magnesium | |
| Mycophenolate Capsule: 250 mg Tablet: 500 mg Liquid: 200 mg/ml | CellCept™ | To prevent rejection | Take on an empty stomach; white blood cells will be monitored; if capsules opened, wear gloves and mask; refrigerate oral liquid |
| Nifedipine Tablet: Extended release 30 mg, 60 mg Capsule: Rapid release 10 mg | Procardia XL™ Adalat-CC™ Adalat Procardia | To control blood pressure | Do NOT crush extended release tablets; Liquid may be withdrawn from capsules |
| Nystatin suspension 100,000 units/ml | Mycostatin Nilstat | To prevent a fungal infection | Swish and swallow, or swab to mouth; Do not eat or drink for 15 minutes after dose |
| Phosphate replacement: NeutraPhos 8 mmol phosphate/packet K-Phos 8 mmol phosphate/packet or K-Phos tablets | Neutra-Phos™ K-Phos Neutral™ | To replace phosphate | Dissolve packets in water as instructed on packet; Do NOT give with calcium or with dairy products (such as milk, yogurt, or cheese) |
| Prednisolone liquid 1 mg/ml, 3 mg/ml | Prelone™ | To prevent rejection | Take with food to avoid stomach upset; Dose will taper over time |

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| Medication | Brand | Use | Things to Remember |
|--|-------------------------------------|------------------------------|---|
| Prednisone Tablet: 1 mg, 2.5 mg, 5 mg, 10 mg, 20 mg and 50 mg Liquid: 5 mg/ml | Deltasone™ Orasone™ IntensoJ™ | To prevent rejection | Take with food to avoid stomach upset; Dose will taper over time |
| Ranitidine Tablet: 75 mg, 150 mg Liquid: 15 mg/ml | Zantac™ | To prevent a stomach ulcer | Do not take with antacids (for example, Maalox, Mylanta) |
| Sodium Bicarbonate Tablet: 325 mg, 650 mg | | To replace bicarbonate | Do not take with Ranitidine or Famotidine |
| Tacrolimus Capsule: 0.5 mg, 1 mg, 5 mg Liquid: 0.5 mg/ml, 1 mg/ml | Prograf™ | To prevent rejection | Take on an empty stomach; Levels will be drawn before the morning dose |
| ValGANciclovir Tablet: 450 mg Liquid formulation | Valcyte™ | To prevent a viral infection | Take with food/milk to prevent stomach upset; Maintain hydration; Do not break or crush tablets |

_____ is a student at your school and is being treated at _____ following a renal transplant performed at _____.

His/her primary cause of renal failure was _____. You will receive detailed instructions if your student requires medications to be given at school.

Other Questions: Please notify the transplant center if there are any infectious disease concerns at your school.

Transplant Center Phone # _____ **Fax #** _____

For more information on patients with renal disease or the exciting field of nephrology nursing please log on to annanurse.org. You will also find links to other kidney-related websites from this site.

ANNA Mission Statement

ANNA improves members' lives through education, advocacy, networking, and science.

Additional Information:

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