



- Providing you with information about how to keep well as you wait for your transplant.
- Things you can do to help better prepare yourself and increase your chances of a smooth recovery
- What to expect when you come into hospital



- Shared care between you and the transplant team.
- Play a part in helping your own recovery



- Providing targets for you and the transplant team to aim for, around your transplant operation to help you to recover sooner and recover well.



- Preparing you for leaving hospital
- Helping you learn how to care for yourself and your new kidney, to make the most of your new life ahead
- Continuing to build strength and fitness after discharge

Shared ERAS care plan



Being better informed about what to expect and how you can help your own recovery

Supporting you during your hospital stay

Helping you to monitor your own progress

Giving you enough fluid, but not too much



Mobility targets to help you get up and moving, and recover sooner



Good pain control with fewer side effects



Fewer tubes and lines
Removing them sooner



Helping you learn your new medications

Teaching you how to care for your new kidney