

**Kidney/Pancreas Transplant Surgery**

Deonna Moore, MSN, ACNP-BC, NP 1313 21st Avenue South  
April DeMers, MSN, ACNP-BC, NP Oxford House, Suite 912  
Princess Shelton, MSN, FNP-BC, NP Nashville, TN 37232-4750  
Kristin Smith, MSN, RN, CNL, TC tel 615.936.0695  
fax 615.936.0697

sts and dyes are required, if it will be safe for you since you

**y Donation**

you will find a list of over the counter medications you can  
safety take after donation and a list of over the counter medications you should avoid. (Pg.22)

**Medications you should AVOID:**

- performance enhancement supplements
- muscle building agents

Non-steroidal anti-inflammatory drugs (NSAIDs):

- Ibuprofen - Ex Cechein
- Motrin - BC OR Goochy Powder
- Aleve
- Naproxen
- Ketoprofen
- Orudis KT
- Aspirin for pain relief (ok in low dose for heart protection)

Decongestants: \*

- Pseudoephedrine or phenylephrine
- Sudafed

\*These are commonly found in over the counter cough and cold products\*

OK to use for  
sinus issues:  
- Neti Pot  
- Claritin, Zyrtec  
or Allegra, Benadryl  
- Afrin nasal spray  
- Mucinex / Mucinex DM

All of these medications can potentially harm your remaining kidney. It is important to read the ingredients on all over the counter medications to avoid injury to your kidney.

**\*Please call the transplant office if you have any questions regarding which medications you can take\***

**\*\*\*Always remember to tell all of your healthcare providers that you only have one kidney! This may change their plan of care.\*\*\***

Surgeons  
Rachel Forbes

Avoid