



营养

肾脏/胰脏移植之前及以后

在此章节，您可以学习到在移植前及之后注意饮食的重要性

移植前

在移植手术前评估您的饮食，生活方式及锻炼。制定计划、以采取一些小步骤来改进需要改变的方面。

在移植前、尽量保持健康和强壮的身体都有助于您的康复。包括：

- 遵循您营养师给您提供的所有饮食指南。
- 少吃盐及加工食品
- 达到并保持目标的体重。
- 保持活跃并保持肌肉强壮。锻炼可使您的体重保持在目标上、并减少手术后的虚弱。



在移植前及以后，好的营养是很关键的。

如您患有糖尿病、请与您的团队一起努力、以保持良好的血糖及三个月的血糖平均值（A1C）水平。

移植后

移植手术后的前几周将有很多改变。你将开始服用新的药物、您的饮食在很多方面也有变化。

当您从手术康复时、您将学习改变长期的生活方式、以保持新的肾脏健康。

紧接着手术后

- **多喝水。**您的团队会给您一个流质的目标量。一般是每天 **2-3 公升（68 至 100 盎司）**

- **吃高蛋白的食物有助于康复。**例如：

- 果仁、果仁酱、及种子
- 豆子及豆类
- 乳制品及蛋
- 鱼、家禽、及红肉

如您对营养饮料、或蛋白粉有疑问请向您移植科的营养师咨询。

- **根据情况进食。** 您的食欲可能很低、很快就觉得饱了、并且有便秘。过一些时间这些症状会缓解了。
- **惯常的饮食。** 移植后您不需要遵循肾脏病患的饮食。您的医疗团队会告诉您是否需要遵照任何饮食限制。

特殊的考虑

您的营养师会给您一份“移植后的营养”的讲义。它为您提供本章所有内容及其他更详细的资讯、可引导您在移植手术后的食物选择。

以下是您可能会遇到的一些特殊饮食问题的基本概述：

- **血糖的指标。** 由于新的药物及手术的压力、您的血糖水平可能会上升。如您有糖尿病、您的糖尿药物剂量可能需要微调。您可能需要改变你的胰岛素或糖尿病药物。良好的血糖控制有助于伤口愈合并减少感染。
- **钾的水平。** 当您的身体在适应新药并且新肾慢慢开始启动时、您血液中可能含有高浓度的钾。如钾高于正常水平、请避免吃高钾食物及饮料、直到您的医疗团队说可以。
- **磷的水平。** 移植后磷酸盐水平通常会偏低。我们会要求您吃乳制品及全谷物来提高您体内磷的水平。
- **镁的水平。** 他克莫司这药物会改变您镁的水平。您的医疗团队会要求您增加含高镁的食物。我们会给您一份这些食物的清单。若有肌肉痉挛的情况、请告诉您的医疗人员、并服用所开给您的保健品。
- **饮食的安全。** 植后要选择安全的食物、以减少感染及疾病的风险。您会收到有关准备及储存食物的详细指南、以及在餐厅用餐时应该做些什么。

移植后，您会在住院期间及出院后在诊所与您的营养师见面。我们会确保您有他们的联系资讯、当您饮食及食物的选择有疑问时、您就可致电或电邮给他们。

3 个月后

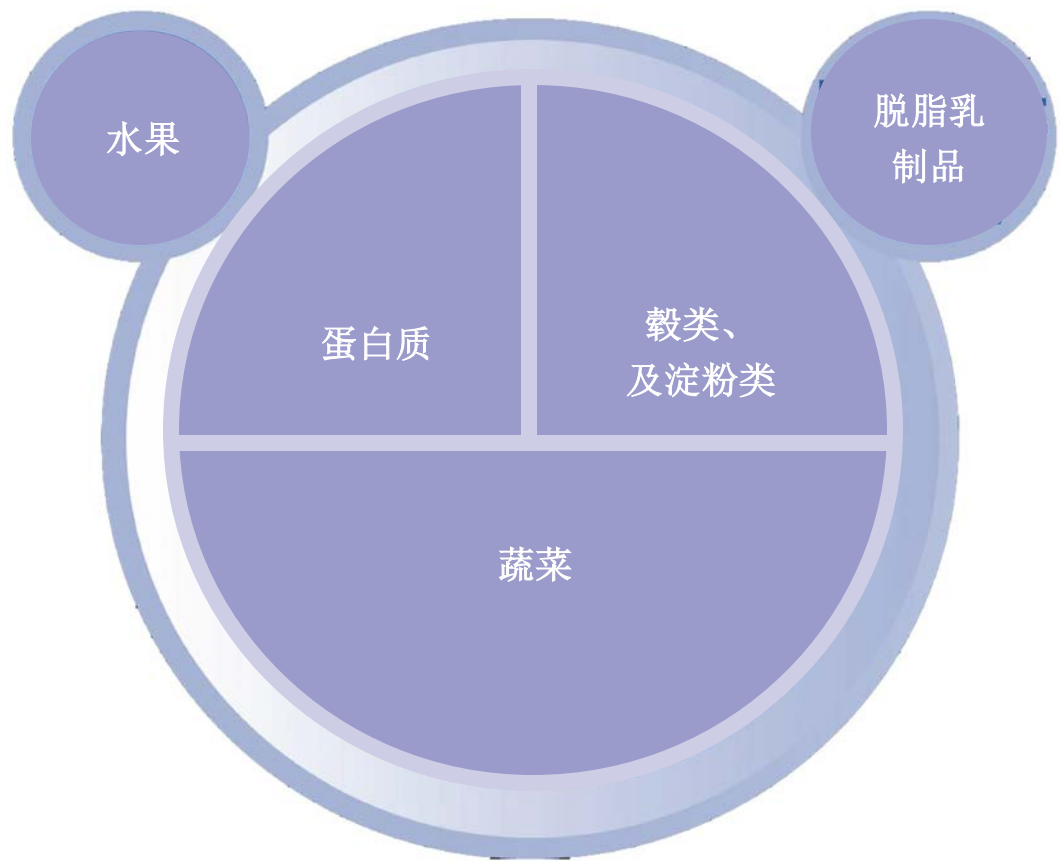
移植手术 3 个月后您应该看到这些进展：

- 伤口从内到外愈合
- 血液指标稳定
- 药物的剂量减低
- 体力有改进

您现在就可以设定长期的饮食目标、来保持您和您的新器官健康：

- **限制钠。**美国心脏协会建议每天服用 2,000 毫克钠、以保持血压在健康范围内、并防止体液滞留。 注意食用盐、调味品、加工食品及冷冻食品、因为这些食品中含有大量的钠。
- **继续选择对心脏健康的食物。** 移植药物可以提高您的胆固醇及其他血脂。 为了控制它们：
 - 吃色彩鲜艳的水果和蔬菜
 - 吃高纤维食物、如全谷物及新鲜农产品
 - 使用健康的食油、如花生油、橄榄油及菜籽油
 - 限制饱和的动物脂肪
 - 每周吃鱼
- **保持健康的体重。**泼尼松会增加您的食欲及对甜食的渴望。但它也会分解肌肉。如不小心、移植后很容易发胖。为了保持体重平衡、让锻炼成为您日常生活的一部分、并选择健康的食物。
- **平衡的饮食。** 请参照第 4 页的插图来选配食物：
 - 1/2 食量是生菜或煮熟的蔬菜。
 - 1/4 食量的蛋白质。
 - 1/4 食量的谷类或其他的淀粉类。

一定要包括蔬菜、水果及乳制品、以保持骨骼强壮并控制血压。



健康食物的样板

您有疑问吗？

我们很重视您的疑问。
当有疑问或顾虑时，请
致电您的医生或医护人员。

移植科电话：
206.598.3882

Nutrition

Before and after a kidney/pancreas transplant

In this chapter, you will learn about the importance of watching your diet before and after your transplant.

Before Transplant

Assess your diet, lifestyle, and exercise before transplant surgery. Make a plan, decide what you want to change, and take small steps.

Everything you do to stay healthy and strong before transplant will help your recovery. This includes:

- Following all the dietary guidelines your providers have given you.
- Eating less salt and fewer processed foods.
- Reaching and maintaining your target weight.
- Staying active and keeping your muscles strong. Exercise will keep your weight on target and reduce weakness after surgery.



Good nutrition is very important, both before and after transplant.

If you have diabetes, also work with your team to maintain good blood sugar and A1C levels.

After Transplant

Your first few weeks after transplant surgery will be full of changes. You will start new medicines and your diet will change in many ways.

Once you have recovered from surgery, you will learn to make long-term lifestyle changes to keep your new kidney healthy.

Right after Surgery

- **Drink plenty of fluids.** Your team will give you a fluid target, usually between 2 to 3 liters (68 to 100 ounces) a day.

- **Eat protein-rich foods to help healing.** Some examples of these are:

- Nuts, nut butters, and seeds
- Beans and legumes
- Dairy products and eggs
- Fish, poultry, and red meat

Check with your transplant dietitian if you want to use nutrition drinks or protein powder.

- **Eat as desired.** You may have a low appetite, feel full quickly, and be constipated. These symptoms will ease over time.
- **Eat a regular diet.** You do not need to follow a renal diet after transplant. Your team will tell you if any diet restrictions are needed.

Special Concerns

Your dietitian will give you a handout called “Nutrition After Your Transplant.” It gives more details on everything in this chapter and will help guide your food choices after your transplant surgery.

Here is a basic overview of some special dietary concerns you may have:

- **Blood sugar levels.** Your blood sugar levels may rise due to new medicines and stress of surgery. If you have diabetes, your blood sugars will likely need fine tuning. You may need to make changes in your insulin or diabetes medicines. Good blood sugar control helps with wound healing and limits infections.
- **Potassium levels.** You may have high levels of potassium in your blood while your body adjusts to new medicines and your new kidney slowly starts working. If your potassium levels are above normal, avoid high-potassium foods and beverages until your team says it is OK.
- **Phosphate levels.** Phosphate levels are usually low after transplant. We will ask you to eat dairy products and whole grains to raise your phosphorus levels.
- **Magnesium levels.** The drug tacrolimus changes your magnesium levels. Your team will ask you to increase the amount of high-magnesium foods you eat. We will give you a list of these foods. Report any muscle cramping to your providers and take all supplements that are prescribed.
- **Food safety.** Make safe food choices after transplant to reduce the risk of infection and illness. You will receive detailed guidelines about preparing and storing food, and what to do when eating in a restaurant.

You will see your dietitian in the hospital after transplant and also in clinic after discharge. We will make sure you have contact information for your providers so you can call or email with questions about your diet and food choices.

After 3 Months

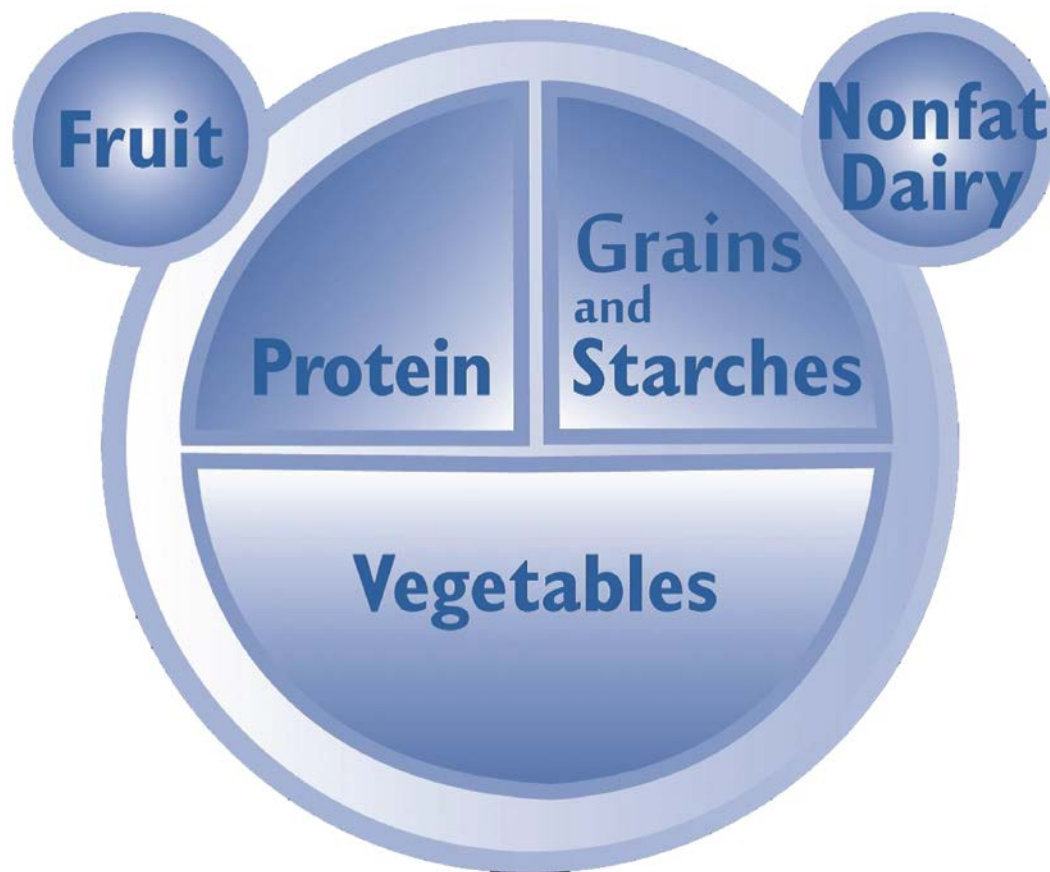
By 3 months after transplant surgery, you should see these milestones:

- Incision is healed from the inside out
- Blood levels are stable
- Medicines have been reduced
- Energy has improved

You are now ready to set long-term dietary goals to keep you and your new organ healthy:

- **Limit sodium.** The American Heart Association suggests 2,000 mg sodium a day to keep your blood pressure in the healthy range and to prevent fluid retention. Watch your intake of table salt, condiments, processed foods, and frozen meals, as these items contain a lot of sodium.
- **Keep your food choices heart-healthy.** Transplant drugs can raise your cholesterol and other blood fats. To keep these in control:
 - Eat brightly colored fruit and vegetables
 - Eat high-fiber foods such as whole grains and fresh produce
 - Use healthy oils such as peanut, olive, and canola oil
 - Limit saturated animal fats
 - Include fish weekly
- **Maintain a healthy weight.** Prednisone can increase your appetite and desire for sweets. It also breaks down muscle. It's easy to gain weight after transplant if you are not careful. To keep your weight in balance, make exercise a part of your daily life and make healthy food choices.
- **Eat a balanced diet.** Use the graphic on page 4 to guide your food choices:
 - Fill $\frac{1}{2}$ of your plate with fresh or cooked vegetables.
 - Fill $\frac{1}{4}$ of your plate with protein foods.
 - Fill $\frac{1}{4}$ of your plate with grains or other starches.

Always include vegetables, fruit, and dairy to keep your bones strong and blood pressure under control.



Healthy Plate Food Model

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Transplant Services:
206.598.3882