



Kidney transplant and driving-related recommendations

For many recipients of donated organs, this fact is a determining factor of their independence in almost all spheres of their lives. Compared to when they had not undergone treatment, people with kidney diseases improve the quality of life both for themselves as well as for their family members, thanks to the transplant. This includes driving. In general, a patient who has received a transplant is quite vulnerable and at risk of suffering many complications. In the case of a kidney transplant, the main risk is the recipient's immune system rejecting the donated kidney. Furthermore, these patients take anti-coagulation agents, undergo many treatments with side effects and suffer interferences with their driving, wherefore, during each examination, the physician must report systematically of the patient's ability to drive.

Some keys

- 1 Most transplant recipients recover their health and activity enough to drive, if the doctor approves.
- 2 After a transplant, medical complications may arise, like kidney allograft, acute kidney insufficiency, thrombosis, infections and gastrointestinal diseases.
- 3 It is common for the following to arise over time: hypertension, chronic and progressive decrease of the functioning of the allograft, kidney insufficiency, coronary artery disease, eye-related illnesses, etc., that interfere with driving.
- 4 Immunosuppressive drugs have toxic effects, wherefore it is highly important to bear this in mind when recommending driving.

3 road safety recommendations



Refrain from driving while recovering from surgery

A patient who has received a transplant must undergo a recovery period due to the surgical intervention itself, risk of rejection and possible complications.



Do not drive in the case of chronic and progressive decrease of the functioning of the allograft

Progressive hypertension and gradual deterioration of kidney functioning, untreated associated eye-related illnesses or insufficient recovery.



Immunosuppressive drugs entail major limitations for driving

Given their toxic effects. A patient should inquire about this issue at each visit, and the doctor should bear this in mind and alert the patient, if necessary, during each medical examination.