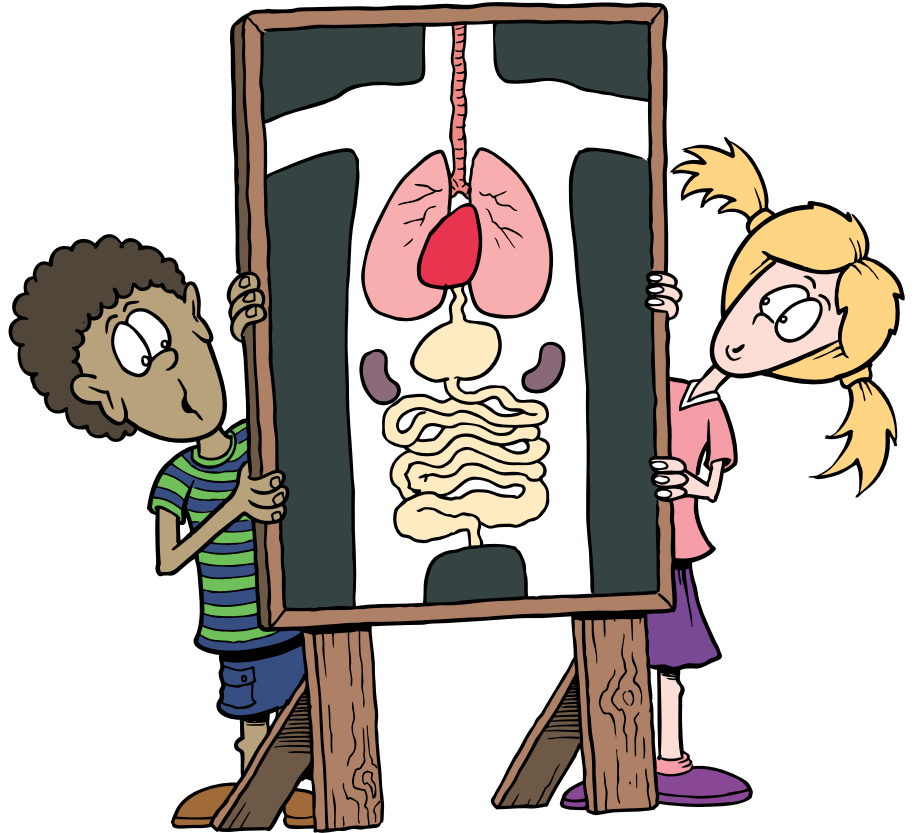


A Transplant...

What's that?



Note for parents;

This booklet has been created to help parents (and staff) talk with children both before and after they have had an organ transplant. It will not give you all the answers but will hopefully be a tool to make talking with your child easier. The biggest aim of this booklet is to let you know that you are not on your own, that there are many families around the country and the world who have gone through this process and come out the other end!

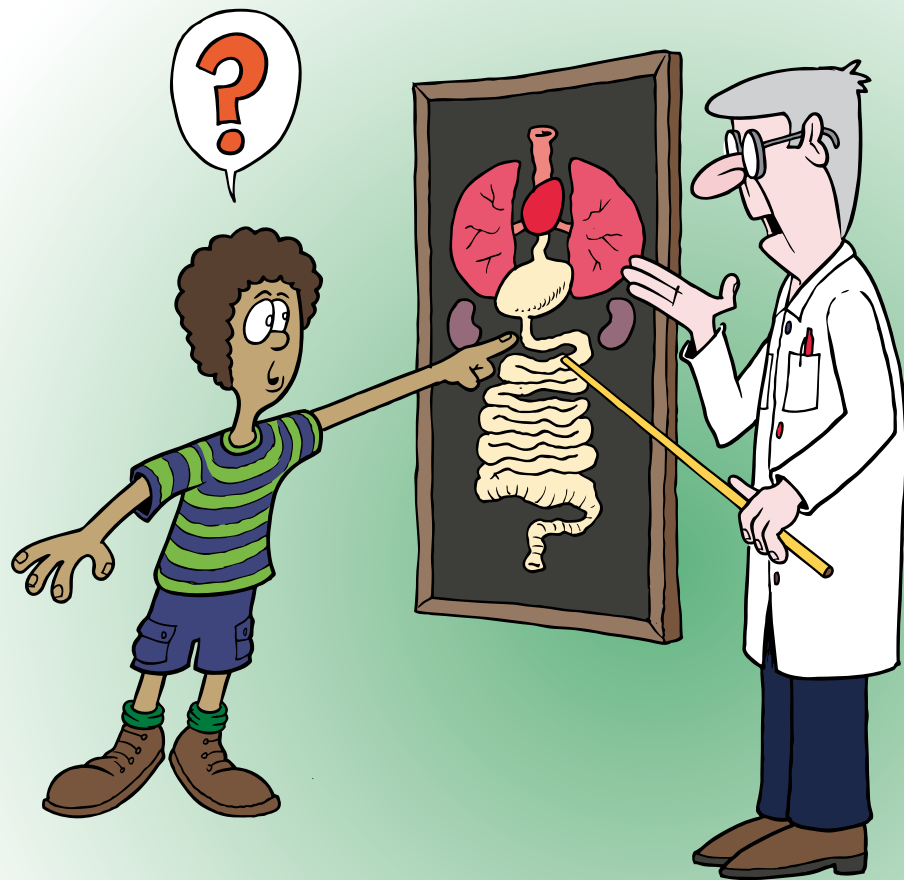
Please always ask any questions you have even if you have asked them before! You have a right to know and understand what is happening to your family.

We hope you find this booklet helpful as you work through this challenging process.

Written By Sarah Perry RN, BNurse

Illustrated by Greg Penn

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Did you know that every year hundreds of children around the world have an organ transplant?



Some will have a kidney transplant, some heart, some liver, some bowel and some lungs.

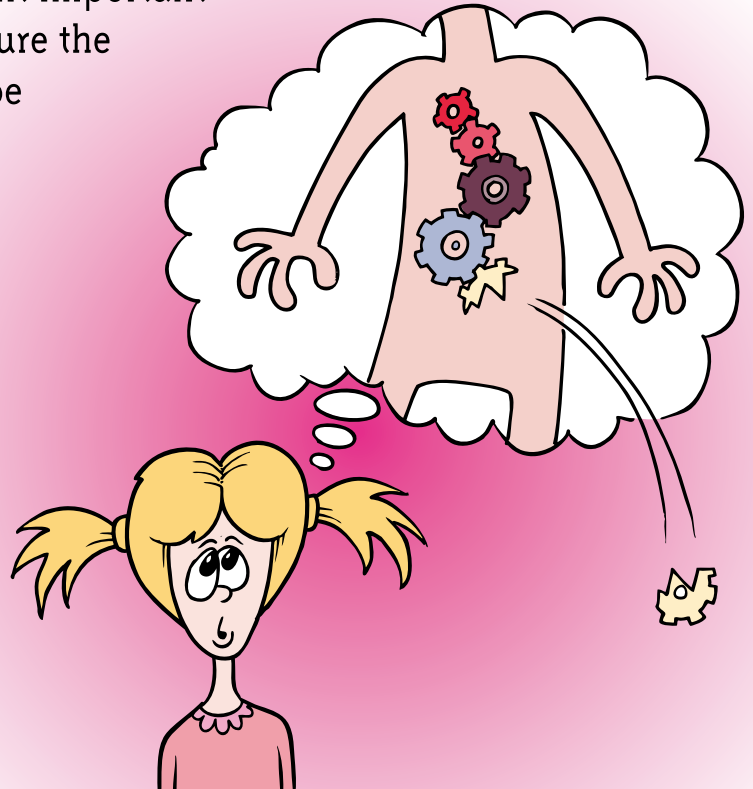
All these children, like you, have a chance at a healthier life because of the gift of an organ from someone else.

So why do you have to have a transplant?

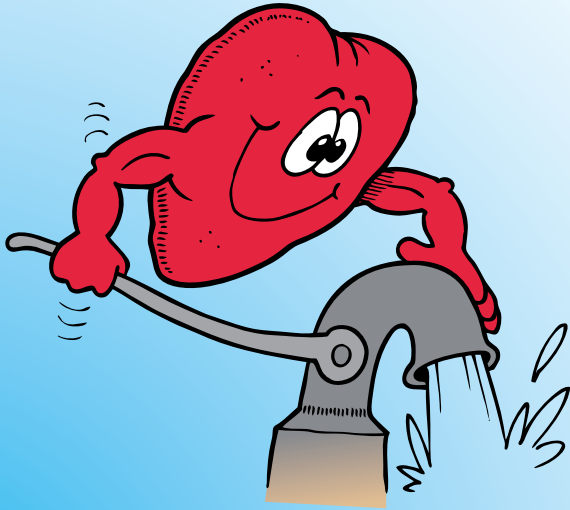
Our bodies are made to work a bit like a machine.

It has lots of parts inside all doing different important things but all working together to make sure the body can do all the things it is meant to be doing.

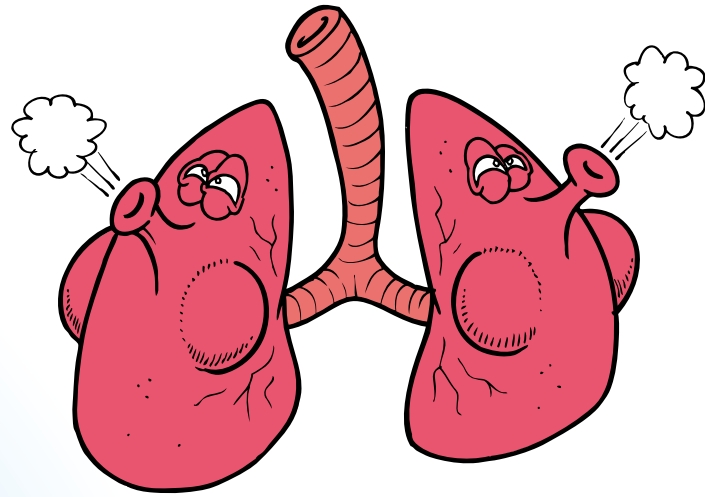
If one part doesn't work properly soon it will affect many other parts and if it is not fixed the body may stop working all together.



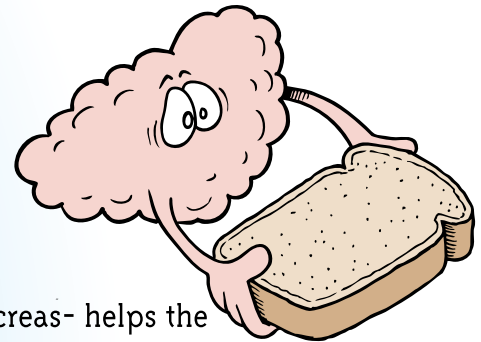
The organs in our bodies are the main parts that do the work of keeping us alive and well. Here is what some of the different organs do:



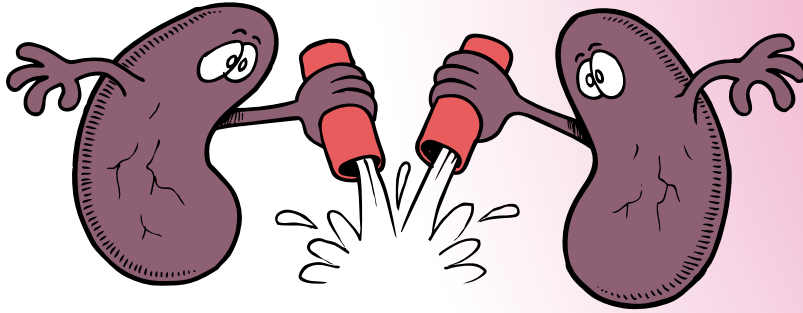
Heart-pumps our blood around the body



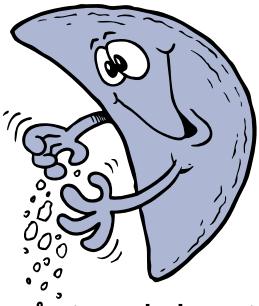
Lungs- a pair of organs that do all the breathing and put oxygen into our blood



Pancreas- helps the body use the food we eat



Kidneys- two organs that help to get rid of stuff our body doesn't need



• Liver- helps with the
• breakdown of food

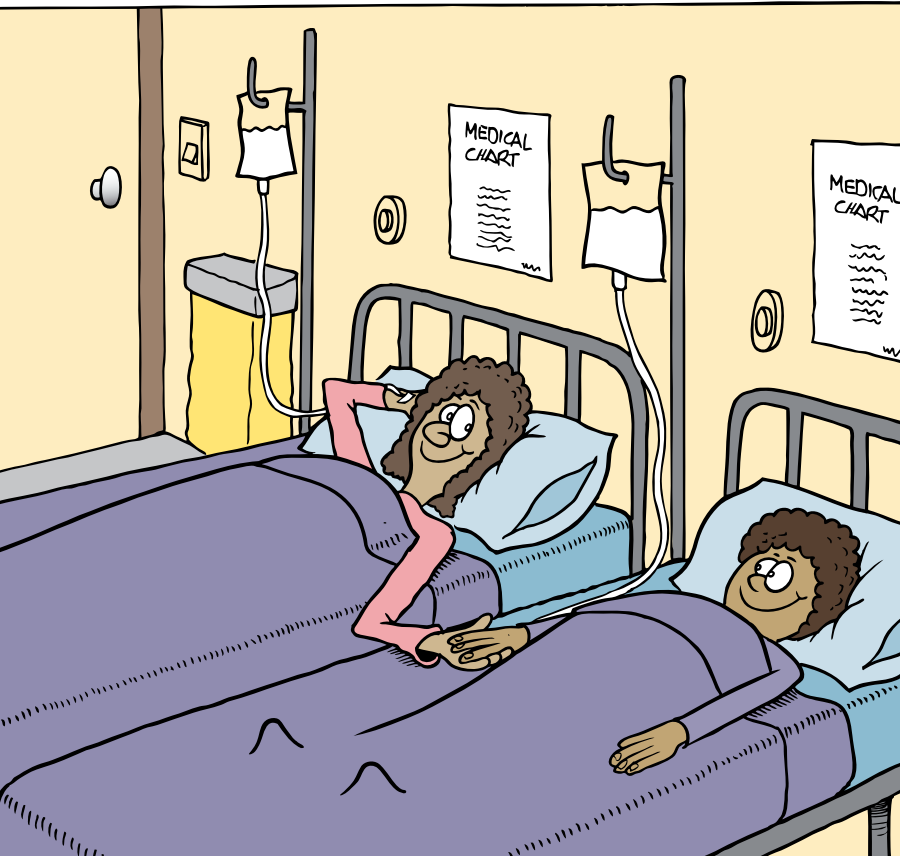


Intestine- where all the water and nutrients get taken out of the food we eat

If one of these organs doesn't work properly you get sick and your body stops working as it should. Doctors don't always have medicine that can fix your organs. When this happens the doctors can sometimes replace it with one that does work.

Where does the Doctor get a new organ from?

There are two places a new organ can come from. Organs can come from someone who is alive (a living donor) or from someone who has died.



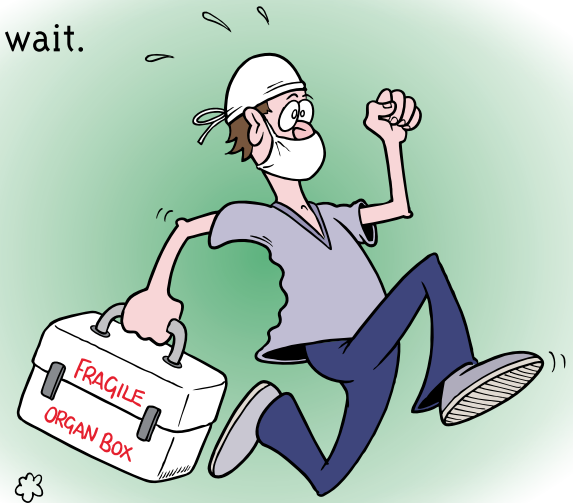
A living donor is someone who cares for you so much they want to give you part or all of one of their healthy organs to help make you better. They are often someone you know, or maybe someone from your family like a parent, brother or sister, or aunt or even Grandparent.

The other way a doctor can get an organ is from someone who has died. This is usually someone who has had an accident and died from their injuries. The person's family want to help someone else live a better life, so they agree to donate (or give away) the organs. The doctors always make sure that any organ they use is healthy and strong so that it will work well in your body.

It is very important that the doctors find just the right organ for you otherwise it will not work properly in your body.

This can sometimes take a long time and you have to wait.

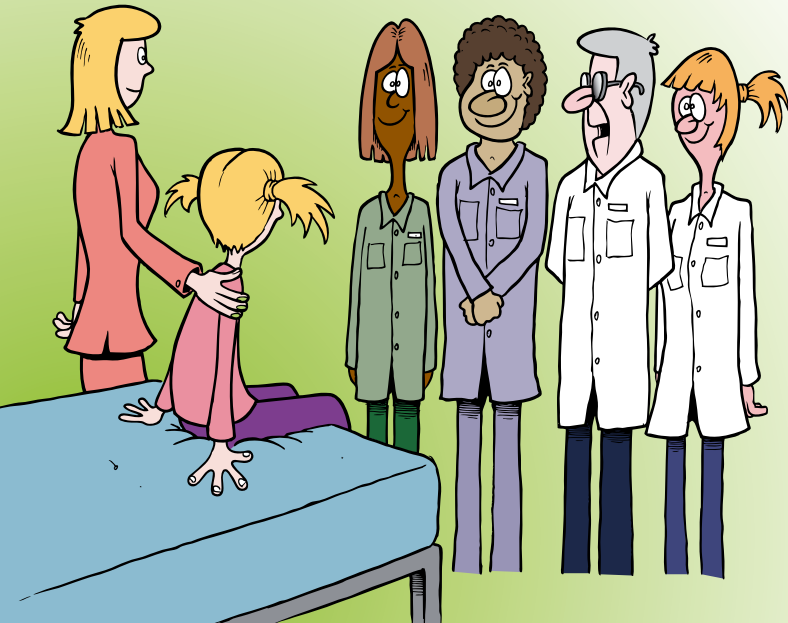
Waiting is not much fun especially if you are sick.



It is important that you talk to someone about how you are feeling if you do have to wait a long time.

Whether you talk to your parents, your nurse or someone else just tell them how you feel.

It's ok to show how you are feeling even if you are sad, mad or happy!



Transplant day!

As soon as the doctors have just the right organ for you, you will have to go to the hospital for your operation.

Sometimes you may be called in the middle of the night!

But you will be ready because your team of doctors and nurses have told you and your parents just what you will need to do.

These are the people who will look after you while you are in hospital and help you get home as soon as you can.

The team is there to answer any questions you may have so always ask one of them when you are not sure about something.

They understand that it can be a scary time for you.

They understand that being sick all the time is very different to all the other children you know and it is not the way you want it to be.

They are all there to help you!



Home time....

As soon as the doctors are happy that your new organ is working just the way it is supposed to it will be time for you to go home!

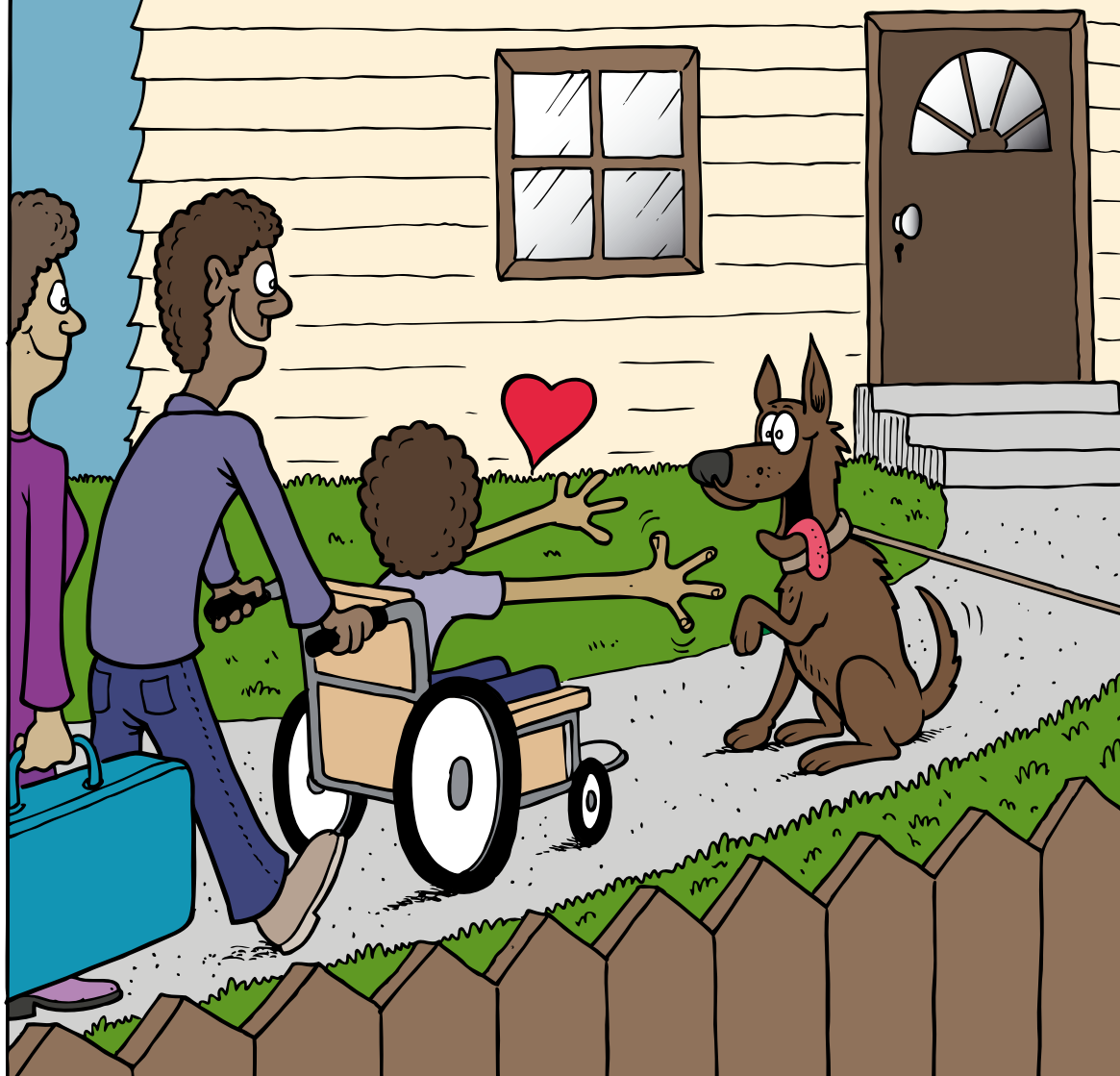
This can sometimes be a scary time even though you really want to go back to your own home.

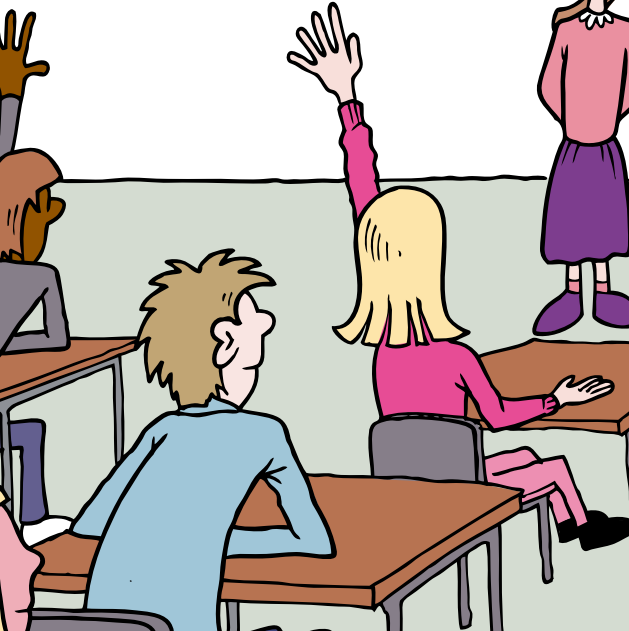
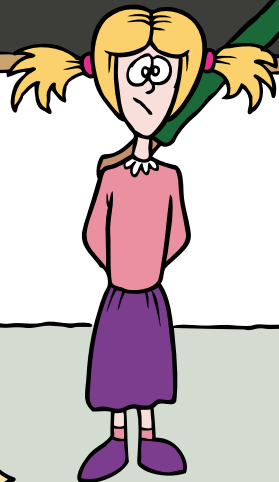
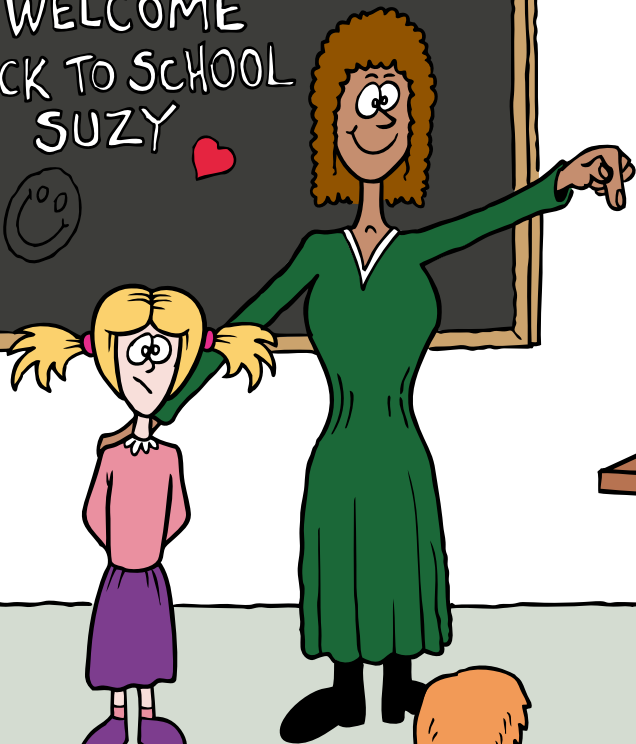
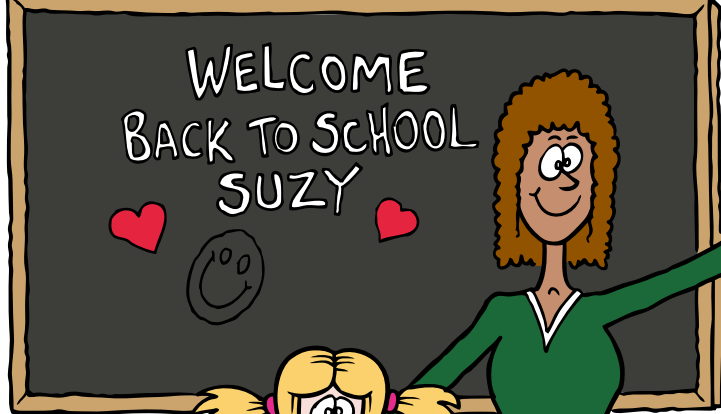
Your team will always make sure that you have everything you need to go home safely.

All you have to do is make sure you take your medicine just as the doctor tells you to.

This is really important as the medicine makes sure your new organ works just as it is meant to.

The doctors will be able to answer any questions you have about the medicines you have to take and they will make sure that all the medicines are just right for you.





Back to school!

As soon as you are well enough you will be able to go back to school.

You may feel a bit nervous about this as it may have been a while since you saw all your friends and you may be worried that you will not be able to catch up with all the work you have missed.

This is very normal and your teacher will help you.

Your friends may be afraid to visit you or ask you over or scared to ask you about your operation.

Just tell them that it is ok to talk about it and that it is ok to ask any questions they may have.

And then....

Once everything has started to get back to normal the best thing you can do is keep yourself as healthy as you can by eating the right food, doing some exercise, getting plenty of sleep and having some fun!

And remember you are not alone.

Hundreds of kids have had transplants just like you!

Remember to:

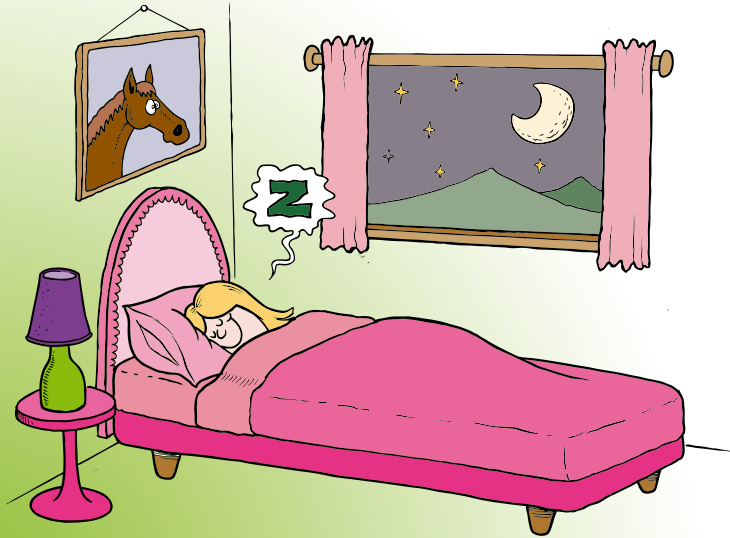
Ask questions if you don't understand

Listen to your transplant team and follow their instructions

Always take your
medicine just as the
doctor tells you to



Eat healthy food



Rest when you need to and get plenty of sleep

Exercise as much
as you can



***Know that you are a special person just as you are
Have some fun!***



The
Kids
Foundation
key immune deficiency support

**The KIDS Foundation is a not-for-profit Patient support group
supporting PID and liver transplant families across New Zealand.**

For further information or free membership packs:

Web: www.idfnz.org.nz Email: info@idfnz.org.nz

Post:

The KIDS Foundation

C/- PO Box 75-076, Manurewa, Manukau 2243, New Zealand

Phone: 0508 300 600 (NZ toll free)