

## Useful contacts:

### Mayflower Ward:

01752 431485

### Transplant Nurses:

01752 437145

### Cumberland Centre:

01752 434390

### Urgent Dental Care:

01392 822348

### Emergency Eye Care:

01752 439330



**This leaflet is available in large  
print and other formats  
and languages.**

**Contact: Administrator  
Tel: 01752 439957**

## Patient Information Leaflet

Which Service is best  
for me as a renal  
transplant patient?

A guide to choosing the right  
NHS service if you become  
unwell or injured



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for me

**Renal Transplant Team**  
University Hospitals Plymouth NHS Trust  
Derriford Road  
Plymouth  
PL6 8DH  
Tel: 01752 202082

[www.plymouthhospitals.nhs.uk](http://www.plymouthhospitals.nhs.uk)



# Stay Well

Guide for **RENAL TRANSPLANT PATIENTS** to help you choose the right service for you and your NHS



University Hospitals  
Plymouth  
NHS Trust

## Pharmacy

Runny nose, Earache,  
Sore throat, Sticky eye,  
Grazes, Small cuts,  
Rashes

Pharmacists advise and treat a range of symptoms. If buying over the counter medication, please show the pharmacist your medication list.

No appointment is needed and most pharmacies have private consulting areas.

## GP

Arthritis, Asthma, Back  
Pain, Cough,  
Headache

GPs and Nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.

## Minor Injuries

Cuts, Sprains, Strains,  
Bruises,  
Minor Burns

Minor injuries units, walk-in centres and urgent care centres provide advice and treatment for a range of conditions.

They are usually led by nurses and an appointment is not always necessary.

## Transplant Unit

High Temperature;  
Diarrhoea, vomiting or  
dehydration;  
UTI symptoms or pain  
over transplant;  
Transplant wound  
problem or medication  
queries

If you are experiencing any of the above symptoms you can call the Transplant team at Derriford Hospital for advice from 8am to 4pm Mon-Fri on 01752 439957. We often arrange a 'drop-in' review on the Renal Unit.

Outside of these hours you can call Mayflower Ward for advice on 01752 431485, but please bear in mind that a doctor isn't always available and you may be directed to out-of-hours services (such as NHS 111).

## A&E/999

Severe bleeding,  
Breathing difficulties,  
Severe chest pain,  
Serious injury,  
Loss of consciousness  
or suspected stroke

Emergency services are very busy and are best used in an emergency for serious or life-threatening situations.

**NHS 111** - If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies, call 111 (24 hours a day, 7 days a week)

**NHS Choices** - You can also access health advice and guidance or find your nearest service or pharmacy online through NHS Choices (visit [www.nhs.uk](http://www.nhs.uk))

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