

And lastly, it is advisable to minimize exposure to the sun and wear sunscreen all year round. In summer months it is recommended to use SPF 30+, and 15+ in winter. You should also be able to get these on prescription from your GP.

Am I allowed to eat and drink as I please?

Due to the individual nature of each transplant, it is not possible to give a definitive answer to this, but there are only a few food items which are known to interfere with the transplant medication, such as grapefruit.

If you are unsure about anything, for instance vitamin or other health supplements, please check with your medical team first.

Any other questions not covered here.

If you still have any questions, please consult your medical team. However, if you think there is something we missed that would be beneficial for other people to be on this leaflet, please let us know along with any other feedback you have on this leaflet. Our contact details are on the front, along with links to our website, Facebook and Twitter details. So, whilst the answer to your query might not be here, it is possible that someone else in our community may well have the answer, and we look forward to seeing you there.

There are also a range of information sheets, available upon request.



## INFORMATION LEAFLET

**A leaflet to some of the more commonly asked questions for people undergoing multi-organ transplant therapy.**

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### What is MOTS and what do they do?

MOTS stands for Multi-Organ Transplant Support, and is a charity providing support to people and their families who are affected by small bowel and multi-visceral transplants throughout the U.K.

### What are multi-organ transplants?

You may have heard of people having single organ transplants, perhaps liver or kidney, the idea is the same, where someone has problems with multiple organs, they are all replaced together in one operation and the organs must all come from the same donor.

### Why do I need a multi-organ transplant?

There is no single answer to this, as there are many causes. However, if you are being offered this as a treatment, it is because your medical team will have decided this is your best chance at improving your quality of life.

### Will I need medication after my transplant?

Yes, the main one being a class of drugs called immunosuppressants. Just like you when you get an infection, your body reacts by producing cells to attack the foreign bodies in your system. After transplantation, your body will recognize the new organs as foreign, and without medication, would attack them, resulting in a condition known as organ rejection. Immunosuppression, helps prevent your body producing the cells that will attack the new organs.

### Are there side effects?

All medications have the potential for side effects. The drugs for transplantation therapy are improving all the time, so whilst it is hoped that you suffer no side effects from your medication, it cannot be guaranteed that you won't.

### Will I be in hospital for a long time?

Yes, multi-organ transplants are a complex operation, and it is likely it could take a few months before you are ready to go home.

### What is life like after multi-organ transplantation?

The hope is of course, your quality of life has improved and that you can lead a full and varied life. However, after leaving hospital, there will be frequent check-ups to make sure everything is working as it should. Your medication regime is very important.

### Are there things I should avoid?

Yes, whilst the immunosuppression keeps your new organs healthy, they also leave you more prone to infection than you would be otherwise, and also less able to shrug infections off.

Whilst it is not possible to provide an exhaustive list here, some of the more common things are to be extra careful with your food, not to eat unpasteurised dairy products for example, or meat products left out in the sun on a hot day which can spoil easily. Another is to minimize contact with people that have colds or flu.