

## **Multimedia Appendix 2: EVALUATION QUESTIONNAIRE**

In accordance with post renal transplant care, answer the questions below:

### **1-What is a kidney transplant?**

- a) It is a surgery used to put a healthy kidney into my body.
- b) It is the use of drugs to make the kidneys function correctly again
- c) It is a probe inserted for the withdrawal of urine.
- d) It is a set of blood tests.

### **2- After discharge from hospital, which is the care that I should have after a kidney transplant?**

- a) Take medication on time, not drinking water, blood pressure and weight control and physical exercise.
- b) Avoid places with agglomerations of people, people with colds or flu, have a balanced diet, do not forget the medication times and follow all the guidelines given by the renal transplant team.
- c) After a kidney transplant I am allowed to ingest any type of food, I cannot forget to take medication and I must have rigorous personal hygiene.
- d) Strict control of blood pressure, do not have contact with other people and animals, physical exercise, do not ingest liquid and have dialysis.

### **3- Can I drink water after the transplant?**

- a) Drinking water is not allowed to so as not to overload the kidney.
- b) After the transplant, it is important to drink plenty of water every day.
- c) It should be ingested in moderation.
- d) Only up to 3 glasses of water per day are allowed.

### **4- Should I avoid contact with animals?**

- a) In the first three months intimate contact with animals should be avoided.
- b) I can have contact with animals, as long as they are clean.
- c) Contact is allowed after the transplant, but with restrictions: only once a week.
- d) It is extremely prohibited to have any contact with animals for the entire life after transplantation.

### **5- Can I perform physical activities?**

- a) I can perform all activities including: Boxing, Karate and Judo.
- b) I shouldn't do any activities so as not to hurt the kidney.
- c) Only once per week to not have overload of the kidney.
- d) Lower impact activities can be performed such as: swimming, hiking, biking and running.

**6- What is rejection?**

- a) Rejection is when the kidney presents a problem because the person does not drink water.
- b) When the kidney damages the body by working too hard.
- c) It is when the body finds that the transplanted organ does not belong to it and tries to fight it;
- d) Rejection is the term used to describe the reaction presented when a kidney has an infection.

**7- How do I identify rejection?**

- a) Pain or swelling in the transplanted kidney; fever; decrease in urine; quick and large weight gain; swelling of eyelids, hands and feet; pain during urination; Increase in blood pressure;
- b) Sore throat, increased urination, headache and increased appetite.
- c) Abdominal pain, increased urination, swelling, weight gain and high blood pressure.
- d) Urinary tract infection, increased appetite, weakness and increased urination.

**8- Can I smoke or drink alcohol?**

- a) Allowed in moderation.
- b) Not allowed because it can jeopardize my transplant.
- c) Only at parties.
- d) Only drinks with low alcohol content.

**9- After transplantation for how long will I use medication (immunosuppressant)?**

- a) I must take medication for the rest my life.
- b) Until the kidney is working well.
- c) For the first two years.
- d) Only when in pain.

**10- What is the purpose of immunosuppressant?**

- a) To leave the kidney free of infections.
- b) So that I don't feel pain.
- c) To hinder the entry of viral organisms.
- d) It is the medication that prevents the rejection of my transplanted kidney.

