Your Core Transplant Team

Please call the Transplant Center at (617) 632-9700 with questions for your:

Surgeon: _____ **Medical Doctor:** _____

Social Worker: _____ **Transplant Coordinator:** _____

Helpful contacts during your stay:

Farr 10 Main Number:	**(617) 632-8731**	**Your Room Phone:**	**(617) _____-_____**
Nurse Manager:	**(617) 632-8754**	**Room Service:**	**(617) 667-3663**
Pastoral Care:	**(617) 667-3030**	**Patient Relations:**	**(617) 632-0364**
Case Manager:	**(617) 632-8731**		

NOTES

_____

_____

_____

_____

_____

This information is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.

Transplant Institute

Beth Israel Deaconess Medical Center

A teaching hospital of Harvard Medical School

© 2006 Beth Israel Deaconess Medical Center, Inc.

Transplant Institute

Beth Israel Deaconess Medical Center

A teaching hospital of Harvard Medical School

A GUIDE TO YOUR DAILY CARE

Kidney Donor Transplant Surgery

This is an outline of what you can expect each day during your hospital stay. It is a general guide and may change to meet your individual needs. Your nurse and doctor are happy to discuss your questions and concerns. Please feel free to ask. Taking an active role in your own recovery is a key ingredient to a successful transplant.

KIDNEY DONOR TRANSPLANT CLINICAL PATHWAY

	Day of Surgery	Day After Surgery	Day 2 After Surgery
What to do today	☐ You cannot eat anything but you may have sips of water ☐ Use an incentive spirometer (IS) 10 times/hour while awake to prevent pneumonia	☐ You will be able to eat as tolerated ☐ Use an IS 10 times/hour while awake to prevent pneumonia ☐ Sit in a chair ☐ Walk short distances	☐ You may eat a regular diet ☐ Use an IS 10 times/hour while awake to prevent pneumonia ☐ Sit in a chair ☐ Walk in the hall
Activity	• You may get out of bed as tolerated with a nurse to assist you • You will have compression boots on your lower legs to prevent blood clots	• Sit in a chair 4X/day • You should walk short distances 3X/day • Use compression boots on your legs when not walking to prevent blood clots	• Sit in a chair 4X/day • You should walk short distances 3X/day • Use compression boots on your legs when not walking to prevent blood clots
Education	• A nurse will review the clinical pathway, volume management and the pain scale with you • A nurse will provide you with "Kidney Transplant: Information for donors" handout • Your nurse will provide instructions on patient controlled analgesia (PCA) by a nurse • Your nurse will provide instructions on how to use the incentive spirometer (IS) to prevent pneumonia	• Case management will meet with you	• A Transplant Psychologist or Social Worker will meet with you
Tests/ Procedures	• An Oxygen tube will be in your nose • A tube(catheter) will be in your bladder to drain urine • An intravenous (IV) line will be present in your arm	• The Oxygen tube in your nose will be removed • The catheter to drain urine will be removed • Your IVs may remain in • Routine blood tests • Your weight is checked	• Your surgical dressing is removed and changed • Your IVs will be removed • Your weight is checked
Comfort	• IV pain medications	• Oral pain medications	• Oral pain medications

Your Name: _____ **Date of Surgery:** _____

Surgeon Name: _____ **Case Manager:** _____

Home Discharge Criteria	Patient Discharge Checklist
You can be discharged home when: ☐ Your vital signs (blood pressure, heart rate, etc.) are stable ☐ You can walk safely and independently ☐ You are eating enough ☐ Your pain scale is 1-4 on oral pain medication ☐ Your drain and/or wound care can be performed at home by you, your family or a visiting nurse ☐ You understand your activity restrictions	☐ You should understand the instructions for your discharge and home care needs ☐ Prescriptions are given for medications to go home (if needed) ☐ Wound care instructions taught Follow-up appointment: Place: _____ _____ / _____ Date Time **When you are home, if you have any medical concerns, please call your Transplant Coordinator.** **For after hours (5PM-8:30AM) and weekend coverage, please call (617) 632-9700.**