



*The Transplant Center at  
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	<input type="checkbox"/> You cannot eat anything but you may have sips of water  <input type="checkbox"/> Use an incentive spirometer (IS) 10 times/hour while awake to prevent pneumonia	<input type="checkbox"/> You will be able to eat as tolerated  <input type="checkbox"/> Use an IS 10 times/hour while awake to prevent pneumonia  <input type="checkbox"/> Sit in a chair  <input type="checkbox"/> Walk short distances	<input type="checkbox"/> You may eat a regular diet  <input type="checkbox"/> Use an IS 10 times/hour while awake to prevent pneumonia  <input type="checkbox"/> Sit in a chair  <input type="checkbox"/> Walk in the hall
Activity	<ul style="list-style-type: none"> <li>You may get out of bed as tolerated with a nurse to assist you</li> <li>You will have compression boots on your lower legs to prevent blood clots</li> </ul>	<ul style="list-style-type: none"> <li>Sit in a chair 4X/day</li> <li>You should walk short distances 3X/day</li> <li>Use compression boots on your legs when not walking to prevent blood clots</li> </ul>	<ul style="list-style-type: none"> <li>Sit in a chair 4X/day</li> <li>You should walk short distances 3X/day</li> <li>Use compression boots on your legs when not walking to prevent blood clots</li> </ul>
Education	<ul style="list-style-type: none"> <li>A nurse will review the clinical pathway, volume management and the pain scale with you</li> <li>A nurse will provide you with “Kidney Transplant: Information for donors” handout</li> <li>Your nurse will provide instructions on patient controlled analgesia (PCA) by a nurse</li> <li>Your nurse will provide instructions on how to use the incentive spirometer (IS) to prevent pneumonia</li> </ul>	<ul style="list-style-type: none"> <li>Case management will meet with you</li> </ul>	<ul style="list-style-type: none"> <li>A Transplant Psychologist or Social Worker will meet with you</li> </ul>
Tests/ Procedures	<ul style="list-style-type: none"> <li>An Oxygen tube will be in your nose</li> <li>A tube(catheter) will be in your bladder to drain urine</li> <li>An intravenous (IV) line will be present in your arm</li> </ul>	<ul style="list-style-type: none"> <li>The Oxygen tube in your nose will be removed</li> <li>The catheter to drain urine will be removed</li> <li>Your IVs may remain in</li> <li>Routine blood tests</li> <li>Your weight is checked</li> </ul>	<ul style="list-style-type: none"> <li>Your surgical dressing is removed and changed</li> <li>Your IVs will be removed</li> <li>Your weight is checked</li> </ul>
Comfort	<ul style="list-style-type: none"> <li>IV pain medications</li> </ul>	<ul style="list-style-type: none"> <li>Oral pain medications</li> </ul>	<ul style="list-style-type: none"> <li>Oral pain medications</li> </ul>

Your Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Surgeon Name: \_\_\_\_\_

Case Manager: \_\_\_\_\_

Home Discharge Criteria	Patient Discharge Checklist
<p>You can be discharged home when:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Your vital signs (blood pressure, heart rate, etc.) are stable</li><li><input type="checkbox"/> You can walk safely and independently</li><li><input type="checkbox"/> You are eating enough</li><li><input type="checkbox"/> Your pain scale is 1-4 on oral pain medication</li><li><input type="checkbox"/> Your drain and/or wound care can be performed at home by you, your family or a visiting nurse</li><li><input type="checkbox"/> You understand your activity restrictions</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> You should understand the instructions for your discharge and home care needs</li><li><input type="checkbox"/> Prescriptions are given for medications to go home (if needed)</li><li><input type="checkbox"/> Wound care instructions taught</li></ul> <p>Follow-up appointment: Place: _____ / _____ Date                  Time</p> <p><b>When you are home, if you have any medical concerns, please call your Transplant Coordinator.</b></p> <p><b>For after hours (5PM-8:30AM) and weekend coverage, please call (617) 632-9700.</b></p>

## 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.*



The Transplant Center at  
Beth Israel Deaconess  
Medical Center



A teaching hospital of  
Harvard Medical School