



## KIDNEY TRANSPLANT

### DAY 1 – AFTER SURGERY

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

#### THINGS TO EXPECT TODAY

- You will wake up from your surgery in the Transplant Post-Op Unit, where your nurses will closely monitor your condition.
- If you have pain, let your nurse know.
- You have various tubes, catheters and IV's. You can expect that they will be removed over the next few days.
- You will have blood tests drawn and an Ultrasound of your transplanted kidney.
- You will have your dressing changed.
- You will be helped out of bed to the chair.
- The chest Physical Therapist or nurse will “clap” on your back frequently and will encourage you to cough, deep breath and use the incentive spirometer.
- You will be given a Patient Information Discharge Packet.
- You will have special boots on your legs to help prevent blood clots.
- A Social Worker will meet with your family to reassess discharge follow-up needs.

#### THINGS WE WILL HELP YOU DO TODAY

Begin to review the information in your Patient Packet. Read the section on the Immune System and Rejection.

#### MORNING

- Sit up in bed. Do the coughing and deep breathing exercises that your nurse will demonstrate.

- Use your incentive spirometer at least ten times each hour that you are awake.  
How high did you get the incentive spirometer this time? \_\_\_\_\_
- Ask your nurse about your pain management program.

## **AFTERNOON**

- Your nurse will help you sit in a chair. If you are able, you may be helped to walk a little.
- You will be able to have sips of liquids.
- Use your incentive spirometer at least ten times each hour that you are awake.
- Do the coughing and deep breathing exercises after you use the incentive spirometer.

## **EVENING/NIGHTS**

- You will be helped to sit in the chair. If you have pain, tell your nurse.
- Use your incentive spirometer at least ten times each hour that you are awake. How high did you get the incentive spirometer this time?\_\_\_\_\_ Follow this with coughing and deep breathing exercises.
- You may have liquids for dinner.
- The nursing staff will be making evening and night rounds. If you need something, please let the staff know.

# KIDNEY TRANSPLANT

## DAY 2 – AFTER SURGERY

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

### THINGS TO EXPECT TODAY

- **You may be transferred from the Transplant Post-Op Unit to a room on the Transplant Unit where the nurses will continue to closely monitor you.**
- **You will still have various tubes, catheters and IV's. You can expect that some of them may be removed today.**
- **You will have blood tests done morning and evening, and X-rays taken.**
- **You will have your dressing changed.**
- **You will be helped out of bed to the chair.**
- **You will be visited by a Physical Therapist who will show you other exercises to help you regain your strength. Your nurse will continue to help with this also.**
- **Your nurse will encourage you to stay out of bed for longer periods of time. This is an important part of your recovery.**
- **The IV line in your neck will be changed by the doctor and nurse practitioner.**
- **The Social Worker may meet with you and your family to continue planning for your discharge. Ask your nurse to contact the Social Worker.**

### THINGS WE WILL HELP YOU DO TODAY

Begin to review your teaching packet. Read the section on Medications so you can start to learn about them.

### MORNING

- Sit in the chair. Your nurse will show you how to do “marching in place” exercise.
- You may be given regular food. Even if you are not hungry, try to eat. It is important for your recovery.
- Use your incentive spirometer at least ten times each hour that you are awake. How high did you get the incentive spirometer this time? \_\_\_\_\_
- Continue to do your breathing exercises (coughing and deep breathing)
- Read the section in your packet on MEDICATIONS. Ask your nurse the names of the medications you are taking.

## **AFTERNOON**

- Sit in the chair. If you have pain, tell your nurse.
- Use your incentive spirometer at least ten times each hour while you are awake.
- While you are out of bed perform “marching in place exercises” your nurse taught you to do.
- Begin to increase your physical activity as directed by your nurse. Try to walk around the unit with your nurse’s help.
- Do you know when you will be discharged? \_\_\_\_\_.

## **EVENING/NIGHT**

- Sit in the chair.
- Use your incentive spirometer at least ten times each hour while you are
- awake. How high did you get the incentive spirometer this time? \_\_\_\_\_
- You will be weighed this evening.
- Continue to learn about your medication. Do you know the names and how often you should take them?
- Make sure your family reads the discharge packet.
- The nursing staff will be making rounds. If you need something, please ask.

**GREAT JOB! HAVE A GOOD NIGHTS SLEEP!**

## KIDNEY TRANSPLANT

### DAY 3 – AFTER SURGERY

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

#### THINGS TO EXPECT TODAY

- You will have morning and evening blood tests done.
- If your blood sugar remains high after the transplant, you may need to see the Diabetes Educator for teaching. Ask your nurse.
- The dressing that covers your incision will be changed.
- Your nurse will encourage you to stay out of bed for longer periods of time. This is an important part of your recovery. Continue to walk around the unit.
- You are expected to review your medications and discharge teaching packet.
- You will be instructed by the nurse on how to take your own temperature and blood pressure.
- Your Social Worker will continue to discuss with your family any follow-up care needs. Please feel free to address any new issues that may arise.

#### THINGS WE WILL HELP YOU DO TODAY

Review the information in your Discharge Packet on Medications. A Pharmacist is available to answer questions about medications. Your nurse will ask you questions about them. Review the information on the Immune System and Rejection.

#### MORNING

- Sit in the chair and wash up.
- Eat breakfast - regular food today!
- Use your incentive spirometer at least ten times per hour while you are awake. How high did you get the incentive spirometer this time? \_\_\_\_\_
- Continue to do your breathing exercises (coughing and deep breathing) and turn side to side while in bed as these activities are a very important part of your recovery!
- Walk with help outside the unit in the hall. Can you walk farther than you did yesterday?
- Review the section in the discharge packet on the IMMUNE SYSTEM and REJECTION.
- Save your urine. The nursing staff will be measuring it.

## **AFTERNOON**

- Sit in the chair when you eat lunch. The longer you are out of bed, the better. It helps improve your lungs and circulation.
- Use your incentive spirometer at least ten times every hour while you are awake.
- It is important that we know when your normal bowel activity has returned. Let your nurse know if your belly begins to rumble, grumble or if you expel gas.
- Take another walk in the hallway with family, friends or a member of the nursing staff.
- Your nurse and pharmacist will quiz you on your antirejection medications. Can you name your antirejection medications?
- Reread the information on rejection. What are the signs and symptoms of rejection?

## **EVENING/NIGHT**

- Sit in the chair and eat dinner. Have your family or friends bring in something you like to eat. You can eat anything right now. It is very important that you eat enough calories and protein so that your wounds are able to heal.
- You will be weighed .
- Walk in the hallway with assistance. How far did you go today? \_\_\_\_\_
- Continue to use incentive spirometer ten times each hour. Follow with coughing and deep breathing.
- Review your discharge booklet. What questions do you have on your medications? Write down your questions so you will remember to ask someone to answer them.
- The nursing staff will be making rounds. If you need something please ask.

**GEAT JOB! HAVE A GOOD NIGHTS SLEEP!**

# KIDNEY TRANSPLANT

## DAY 4 – AFTER SURGERY

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

### THINGS TO EXPECT TODAY

- **You will still have morning and evening blood tests drawn.**
- **The nurse will review how to take your temperature and blood pressure.**
- **You will be planning for discharge with the Social Worker, the Transplant Coordinator and your nurses. All discharge concerns/problems should be addressed at this time.**
- **The Social Worker will continue discharge planning.**
- **You will have the foley removed; let your nurse know if you have any difficulty voiding.**

### THINGS TO DO TODAY

Read the section in your discharge packet on Infection. Take your blood pressure and your temperature with your nurse's supervision.

#### MORNING

- Wash-up.
- Ask your doctors if you are going home 2 days from today.
- Sit in the chair for breakfast and eat something.
- Use your incentive spirometer ten times every hour while you are awake. How high did you get the incentive spirometer? \_\_\_\_\_ Also continue to do coughing and deep breathing exercises.
- Take a walk. Try to increase your activity.
- Continue to review your discharge booklet. Review the section on infection
- Save your urine so that it can be measured.

#### AFTERNOON

- Sit in the chair and eat lunch. The better you eat, the better you heal.
- Use your incentive spirometer ten times every hour
- Walk with your family or friends around the hallway or out to the solarium for a change of scenery.
- List the names of your anti-infection medications. If you would like to speak with a Pharmacist about your medications, please let your nurse know.

- What are the signs and symptoms of an infection? If your temperature is 101°, what should you do?
- Ask your nurse about attending the discharge teaching class if today is Monday or Thursday.
- Watch the kidney transplant video on the hospital education channel. Can you answer the questions that are in your packet?
- Start thinking about your needs at home after you are discharged. Talk with your nurse, social worker or transplant coordinator about these concerns.

### **EVENING/NIGHTS**

- Continue to use your incentive spirometer ten times every hour
- You will be weighed this evening.
- Walk in the hallway.
- Sit in the chair and eat dinner.
- Speak with your family/friends about arranging transportation home on your day of discharge.
- Practice taking your blood pressure and temperature
- The nursing staff will be making rounds. If you need something please ask.

**GREAT JOB! HAVE A GOOD NIGHTS SLEEP!**

# KIDNEY TRANSPLANT

## DAY 5 – AFTER SURGERY

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

### THINGS TO EXPECT TODAY

- **Morning and evening bloods will be drawn.**
- **You may be able to shower with assistance. Ask your doctor.**
- **Continue to increase your activities.**
- **If you haven't done so already, you may meet with a nutritionist to discuss your diet.**
- **If needed, diabetes teaching will be reinforced by the Diabetes Educator.**
- **Discharge planning will continue.**
- **You will have your drain removed today.**

### THINGS TO DO TODAY

Make sure you know the names, doses and side effects of your medications.

Attend the discharge class and watch the Transplant video if you haven't already.

### MORNING

- Sit in the chair and have your breakfast. The longer you are out of bed, the better for your recovery.
- Use your incentive spirometer ten times every hour.
- You should be able to:
  - identify names, doses, purposes and side effects of medication.
  - identify signs and symptoms of rejection and what to do if they occur
  - take your blood pressure and temperature
  - identify when to call the Transplant Team
- Continue to plan for going home. Write down any questions you or your family have.
- Ask your nurse if you can shower if you haven't already. If not, walk to the bathroom and wash up.
- If you need instruction for diabetes, make sure that you speak with the Diabetes Educator, if you haven't already.
- Do you know the signs and symptoms of rejection? If you don't, reread that section in your packet

## **AFTERNOON**

- Sit in the chair and have lunch. The better you eat, the better you heal.
- Have your family members take home most of your belongings.
- Make sure you attend the discharge teaching class if today is Monday or Thursday?
- Do you understand the medications which you will be taking at home?
- Confirm transportation home. Plan for an early morning discharge.
- If you need your blood pressure and temperature taken, do it with your nurse's supervision so you feel comfortable doing it when you get home. Do you know when you should call the Transplant Team?

## **EVENING/NIGHTS**

- Sit in the chair and have some dinner.
- You will be weighed this evening
- Use the incentive spirometer ten times per hour.
- Don't forget the evening walk in the hallway. No matter how tired you may feel, the walk will help your recovery.
- Write down any questions you have for the doctor or nurse.
- Watch the video on the hospital education channel again. Did you complete your Medic Alert form?
- If you are wearing TEDS, make sure you take them off before you go to bed.
- The Nursing staff will be making rounds. If you need something please ask.

**GREAT JOB! HAVE A GOOD NIGHTS SLEEP!**

## KIDNEY TRANSPLANT

### DAY 6 – DAY OF DISCHARGE

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

#### THINGS TO EXPECT TODAY

- **Morning blood test will be done.**
- **Continue to gradually increase your activity level.**
- **Continue with your incentive spirometer.**
- **Your IV will be discontinued. Usually day 5-prior to discharge.**
- **Your Social Worker will review referrals and discharge plan and follow-up with you and your family.**
- **You will be discharged.**
- **Medications reviewed and follow-up.**

#### THINGS TO DO TODAY

##### MORNING

- Shower or wash up.
- Sit in the chair and have breakfast.
- Review the discharge plan with your nurse and sign it. Ask any final questions.
- Be discharged from the hospital after your blood test results are discussed by your doctors.
- Make sure you have a supply of your medications for home.
- Find out when you need to return for a follow-up visit.
- Make sure you have an updated medication schedule and the number of your home care agency.
- Make sure you know when to get any needed medications and who to call in case of emergency.

**GET HOME SAFE !**