



## KIDNEY TRANSPLANT

### DAY 0 – DAY OF SURGERY

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

#### THINGS TO EXPECT TODAY

- You will wake up from your surgery in the Post-Anesthesia Care Unit (PACU) or Transplant Intensive Care Unit (ICU) where your nurses will closely monitor your condition.
- You will not be able to eat today, but you will receive fluids and medications through an intravenous (IV) line.
- You will have various tubes, catheters, and IV's. You can expect that they will be removed over the next few days. The team will keep you informed as to when each tube, catheter, and IV will be removed.
- You will have blood drawn for a variety of routine tests.
- Your blood sugar will be checked every 4 hours as needed.
- The chest Physical Therapist or nurse will “clap” on your back frequently and will encourage you to cough, take deep breaths and use the incentive spirometer. An incentive spirometer is a plastic piece of equipment that helps you take deep breaths. Every patient receives their own incentive spirometer.
- You will have a Sequential Compression Device (SCD) or anti-embolism elastic stockings on your legs to prevent inflammation (phlebitis) and the formation of blood clots (thrombus) in your legs.
- If you have pain, notify your nurse immediately.

#### THINGS WE WILL HELP YOU DO TODAY

- You will be turned and positioned in bed. You will be expected to participate in coughing and deep breathing exercises and use your incentive spirometer.

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



## DAY 1 – AFTER SURGERY

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

### THINGS TO EXPECT TODAY

- You will be monitored in the Transplant Post- Op unit.
- You will be started on IV pain medication. If you continue to have pain, let your nurse know immediately.
- You will have various tubes, catheters, and IVs. They will be removed over the next few days. The team will keep you informed as to when each tube, catheter, and IV will be removed.
- You will have a tube in your bladder that will drain urine that is made from you new kidney.
- You will have blood drawn for a variety of routine tests.
- An ultrasound of your transplanted kidney will be done.
- You will have the dressing that covers your incision changed.
- You will be helped out of bed to the chair. Your participation is expected.
- 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 Post-Transplant information guide booklet.
- You will have a SCD boots or elastic stockings on your legs.
- A Social Worker will meet with you, your family and/or your significant other to discuss discharge follow-up needs.
- A Nutritionist will meet with you, your family, and/or your significant other to assess your nutritional status and 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? \_\_\_\_\_



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- Ask your nurse about your pain management program.
  - You will receive pain medication intravenously to enable you to increase your activity and do the coughing and deep breathing exercises. The nurse will ask you to rate your pain on a scale from 1 to 10.
  - The nursing staff will be available to answer all your questions.

### **AFTERNOON**

- Your nurse will help you sit in a chair. If you are able, you may be helped to walk a little. If you are having pain let your nurse know.
- You will be able to have sips of liquids. It is important that we know when your normal bowel activity has returned. Let the nurse know if your belly begins to rumble, grumble or if you expel gas.
- 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.
- The nursing staff will be available to answer all your questions.

### **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 exercise with coughing and deep breathing exercises.
- You may have liquids for dinner.
- You will be weighed this evening.
- The nursing staff will be available to answer all your questions.
- If you need something, please let the staff know.

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

**NOTE:** If you do not have a thermometer and blood pressure machine, arrange to have one brought to the hospital for you if it is possible.



## DAY 2 – AFTER SURGERY

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

### THINGS TO EXPECT TODAY

- You may be transferred from the Transplant Post-Op Unit to a regular room on the Transplant Unit where the nurses will continue to monitor you closely
- Your IV pain medication will be changed to pill form.
- You will still have various tubes, catheters, and IV's. You can expect that some of them may be removed today.
- You will have routine blood tests done and Chest X-rays taken.
- You will have your blood sugar checked every 4 hours.
- You will have the dressing that covers your incision changed.
- You will be helped out of bed to the chair.
- Your SCD boots or elastic stockings will be discontinued.
- 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. Your participation is expected.
- The Social Worker may meet with you, your family, and/or your significant other 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

- You may be given regular food if your bowel activity has returned.  
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)
- If you are having pain, tell your nurse.
- Read the section in your packet on MEDICATIONS. The nurse will review all the medications you are taking.



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- The nursing staff will be available to assist and answer all questions and concerns.

### **AFTERNOON**

- You will be assisted to sit in the chair.
- Pain medication will be ordered for you, if you are experiencing pain, notify 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.
- Begin to increase your physical activity as directed by your nurse. Try to walk around the unit with your nurse's or physical therapist's help.
- Do you know when you will be discharged? \_\_\_\_\_.
- The nursing staff will be available to assist and answer all questions and concerns.

### **EVENING/NIGHT**

- You will be assisted to sit in the chair. If you are having pain let your nurse know.
- 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?
- If a family member or significant other will be caring for you after your discharge, make sure they read the discharge packet.
- The nursing staff will be available to assist and answer all questions and concerns.

**GREAT JOB! HAVE A GOOD NIGHT'S SLEEP!**



## DAY 3 – AFTER SURGERY

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

### THINGS TO EXPECT TODAY

- You will have morning and evening blood tests done to include blood glucose monitoring.
- If your blood sugar is high after the transplant, you may need to go home on Insulin. Your nurse will teach you about Diabetes after transplant.
- The tube in your bladder may be removed today. Once it is removed, you may feel that you need to urinate frequently. This is a normal sensation.
- 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 you, your family and/or your significant other 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. Review the information on Diabetes Post Transplant in your discharge booklet if it applies to you.

### MORNING

- Sit in the chair and wash up.
- If you are experiencing pain notify your nurse
- 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? \_\_\_\_\_



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- Continue to do your breathing exercises (coughing and deep breathing) and turn side to side while in bed every 2 hours as these activities are a very important part of your recovery!
  - Walk with help outside the unit in the hall. Can you walk further than you did yesterday?
  - Review the section in the discharge packet on the IMMUNE SYSTEM and REJECTION.
  - The nursing staff will be available to assist and answer all your questions.

### **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. If you are having pain, tell your nurse.
- Use your incentive spirometer at least ten times every hour while you are awake.
- Take another walk in the hallway with family, friends, or a member of the nursing staff.
- Your nurse will quiz you on your anti-rejection medications. Can you name your anti-rejection medications?
- Reread the information on rejection. What are the signs and symptoms of rejection?
- The nursing staff will be available to assist and answer all your questions.

### **EVENING/NIGHT**

- If you are having pain, tell your nurse.
- Sit in the chair and eat dinner. Ask your nurse if your family or friends can bring in something you like to eat. It is very important that you eat enough calories and protein so that you are able to heal.
- You will be weighed this evening.
- 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 available to assist and answer all your questions.

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



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**DAY 4 – AFTER SURGERY**

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

**THINGS TO EXPECT TODAY**

- You will still have morning and evening blood tests done.
- Your blood sugar will be monitored every 4 hours as needed.
- You may have the foley catheter in your bladder removed; let your nurse know if you have trouble urinating.
- 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.

**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.
- If you are experiencing pain notify your nurse immediately.
- 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.
- Save your urine in the plastic container provided for you by the staff so that it can be measured.
- Continue to review your discharge booklet. Review the section on infection
- The nursing staff will be making hourly rounds. If you need something please ask.

**AFTERNOON**

- If you are experiencing pain, let your nurse know.
- Sit in the chair to eat lunch. The better you eat, the better you heal.
- Use your incentive spirometer ten times every hour.
  
- Walk accompanied by someone (e.g. your family or friends) around the hallway or out to the solarium for a change of scenery.



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- 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?
  - Watch the transplant video on the hospital education channel. Can you answer the questions that are in your packet?
  - Continue thinking about your needs at home after you are discharged. Talk with your nurse, social worker or transplant coordinator about these concerns.
  - The nursing staff will be making hourly rounds. If you need something please ask.

### **EVENING/NIGHTS**

- If you are having pain, tell your nurse.
- Continue to use your incentive spirometer ten times every hour.
- You will be weighed this evening.
- Walk in the hallway.
- Sit in the chair to eat dinner.
- Speak with your Social Worker about arranging transportation home on your day of discharge.
- Practice taking your blood pressure and temperature.
- The nursing staff will be available to assist and answer all questions.

**GREAT JOB! HAVE A GOOD NIGHT'S SLEEP!**



## DAY 5 – AFTER SURGERY

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

### THINGS TO EXPECT TODAY

- Morning and evening bloods will be drawn.
- Ask your doctor if you can shower with assistance.
- Continue to increase your activities.
- If you haven't done so already, you may meet with a nutritionist to discuss your diet.
- If needed, your nurse will reinforce diabetes teaching.
- Discharge planning will continue.

### THINGS TO DO TODAY

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

#### MORNING

- Sit in the chair to have your breakfast. The longer you are out of bed, the better for your recovery.
- Use your incentive spirometer ten times every hour.
- If you are experiencing pain notify your nurse immediately.
- You should be able to:
  - Identify names, doses, purposes, and side effects of medications
  - Identify signs and symptoms of infection and rejection 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, your family, or your significant other have.
- Ask your nurse if you can shower if you have not already. If not, walk to the bathroom and wash up.
- Save your urine in the plastic container provided for you by the staff. The nursing staff will be measuring it.
- If you need instruction for diabetes, make sure that you speak with your nurse if you have not already.



- Do you know the signs and symptoms of rejection? If you do not, reread that section in your packet
- The Nursing staff will be making rounds. If you need something please ask.
- Sit in the chair to have lunch. The better you eat, the better you heal.
- If possible, have most of your belongings brought home for you.
- Do you understand the medications, which you will be taking at home?
- Confirm transportation home. Plan for an early morning discharge.
- Your nurse will show you how to take your blood pressure and temperature so you feel comfortable doing it when you get home. Do you know when you should call the Transplant Team?
- The Nursing staff will be making hourly rounds. If you need something please ask.

### **EVENING/NIGHTS**

- Sit in the chair to have some dinner. If you are having pain, tell your nurse.
- 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.
- The Nursing staff will be making hourly rounds. If you need something please ask.

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



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## DAY 6 – DAY OF DISCHARGE

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

### THINGS TO EXPECT TODAY

- Morning blood tests will be done.
- Continue to gradually increase your activity level.
- Continue with your incentive spirometer.
- Your IV will be discontinued.
- Your Social Worker will review referrals and discharge plan and follow-up with you, your family, and/or your significant other.
- You will be discharged.

### THINGS TO DO TODAY

#### MORNING

- Shower or wash up. If you have pain, tell your nurse.
- 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 doctors discuss your blood test results with you.
- 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.
- After discharge from the hospital. Please do not contact the 14 West floor with questions or concerns regarding your care. They will not be able to assist you in your needs. For any questions or concerns regarding your care after discharge from the hospital, call the transplant clinic. The number is (212) 263-8134.

**GET HOME SAFELY!**