



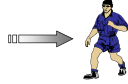
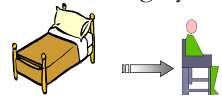











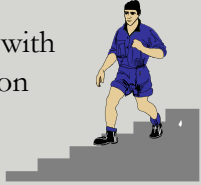








Kidney Transplant Pathway to Discharge

	Before Surgery	Operation Day	1 st Day After Surgery	2 nd Day After Surgery	3 rd Day After Surgery to Discharge Day
<u>Nutrition</u> <u>Room service</u> #662-4644	Nothing to eat or drink after midnight 	Until after surgery then clear liquid or ice chips in evening 	Clear liquids and advance as tolerated to light foods 	Advancing your diet from clear liquids to light foods	Tolerate solid food 
<u>Activity</u>	Walking 	Sitting in chair evening of surgery 	Sits in Chair 3x/day □ □ Walk as tolerated with help. 	Out of bed walking in hallway 	Up independently Walking in halls 10-15min □ □ □ □ 2-4x/day Stairs(1 flight) 
<u>Equipment</u>	Use your incentive spirometer 	Urine catheter Abdominal drain Oxygen if needed Incentive spirometer IV with Fluids	Urine Catheter IV with fluids Abdominal drain Leg compression sleeves Breathing exercises	Urine catheter taken out Breathing Exercises with Incentive spirometer IV fluids stopped	Urine measured Breathing exercises
<u>Medication & Pain Control</u>	Take medication as directed prior to surgery	Intravenous pain control Routine and transplant medications Bowel medication	Intravenous pain medication to oral Transplant Meds  Bowel & antacids meds	Oral pain meds as needed Bowel meds until bowel movement Ring call light for your meds & tell us what they are. 	You will receive a list of medications before you get discharged
<u>Hygiene</u>	Shower/bathe with Hibiclens in evening 	Shower/Bathe with Hibiclens in morning before surgery	Catheter care Sponge Bath  Oral Hygiene	Bathroom with assistance Oral Hygiene May Shower	Bathe or shower on your own 
<u>Education</u>	Transplant Diary List of medications Bill of Rights Breathing exercises Pain control	Hand hygiene & infection prevention  Importance of using incentive spirometer Begin Self Medication Program to learn Transplant meds Medication purpose & side effects will be reviewed daily	Continue Self Medication Program Infection Prevention	Pharmacist will review home medication plan with you	
<u>Discharge Planning</u>	Talk with support system to have discharge home plan in place.	Transfer to R5 Patient and family reoriented to picture pathway	Multidisciplinary rounds with patients and family.	Clinic appointments for next week scheduled. Medications for discharged ordered.	Discharge plan finalized. Discharge by 1000am. Follow up visits with the clinic

Kidney Transplant

First 2 Weeks At Home After Discharge

<p><u>Activity</u></p>		<p>Get out of bed and stay active! Go for walks No lifting more than two shopping bags</p>	<p>Allow for rest times or naps between activities and meals</p> 	<p>Limit visitors Short 1/2 hour visits <i>Excuse yourself when tired.</i></p>	<p>Stairs (1 flight) with supervision</p> 
<p><u>Eating Healthy</u></p>	<p>Usual diet Eat what sounds good</p>	<p>Six small meals are easier to digest than three large ones</p> 	<p>Try nutritional supplements NO HERBAL SUPPLEMENTS</p>	<p>Drink when thirsty</p> 	<p>See the dietician as scheduled</p>
<p><u>Medications</u></p>	<p>Always take your medications on schedule</p> 	<p>Use your pain pills when needed <i>Don't tough it out!</i> Use a bowel regimen if taking pain medication</p>	<p>Go to all scheduled appointments with your doctors and the Transplant Clinic</p>	 <p>Always time your anti-rejection medication for the clinic visit.</p>	
<p><u>Self-Care</u></p>	<p>Weigh yourself first thing every morning</p> 	<p>Hand washing! Hand washing! Hand washing!</p>		<p>Shower</p> <p>Keep incisions Clean and dry</p>	
<p><u>Call your doctor's office & report</u></p>	<p>Call the Transplant Clinic for any questions or concerns</p> 	<p>Call if you have chills & fever over 101 (by mouth)</p>  <p>101.2</p>	<p>Call for unusual shortness of breath</p> <p>Gradual weight gain of 5lbs in 3-5days.</p> <p>Puffiness or swelling fingers or ankles</p>	<p>Call for trouble with urinating</p> <p>No bowel movement in first week</p>	<p>Incisions with:</p> <ul style="list-style-type: none"> •Redness •Pus-like drainage •Swelling <p>Pain not helped with pills</p>