



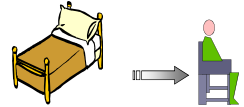













Living Donor Kidney Pathway to Discharge

	Before Surgery	Operation Day	1 st Day After Surgery	2 nd 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 and small meals	Continue small meals and light solid foods 
<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  → 
<u>Equipment</u>	Use your incentive spirometer 	Urine catheter Oxygen if needed Incentive spirometer IV with fluids	Urine catheter discontinued IV fluids stopped Breathing exercises	Incentive spirometer Use your feet to walk
<u>Medication & Pain Control</u>	Take medication as directed prior to surgery	Intravenous pain control Routine medications Bowel medication	Oral pain medication Bowel & antacid meds	You will receive a list of medications before you get discharged Oral pain meds as needed Bowel meds until bowel movement 
<u>Hygiene</u>	Shower/bathe in evening with disinfective soap such as Hibiclens or Dial 	Shower/bathe with Hibiclens or Dial in morning before surgery	Sponge Bath  	You may take a shower but no tub baths until your physician approves. Gently pat your wounds dry. 
<u>Education</u>	List of medications Bill of Rights Breathing exercises Pain control	A Living Donor Advocate will see you A Registered Dietician will provide dietary guidelines The Transplant Social Worker will meet with you		Pharmacist will review home medication plan with you before discharge
<u>Discharge Planning</u>	Talk with support system to have discharge home plan in place.	Transfer from PACU to R5 Patient and family reoriented to picture pathway	Multidisciplinary rounds with patients and family.	Discharge plan finalized. Follow up appointment in two weeks at Transplant Clinic.

Living Donor Nephrectomy

First 2 Weeks At Home After Discharge

<p><u>Activity</u></p>		<p>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>No driving until you are pain-free and off narcotic pain medication</p>	<p>Increase your activity gradually.</p> 
<p><u>Eating Healthy</u></p> 	<p>Usual diet Drink plenty of fluids</p> 	<p>Six small meals are easier to digest than three large ones</p>	<p>To prevent constipation, eat plenty of fruits and vegetables</p>	<p>No alcohol beverages while on narcotic pain medications</p>	
<p><u>Medications</u></p>	<p>Resume your regular medications</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 scheduled appointment with your transplant doctor at the Transplant Clinic</p>	<p>Call if you have any questions regarding your medications</p>
<p><u>Self-Care</u></p>	<p>You may shower Gently pat your wounds dry</p> 	<p>Avoid prolonged sitting or standing.</p>	<p>No heavy lifting --no more than two shopping bags, until cleared by your doctor</p>	<p>Keep incisions Clean and dry</p>	<p>Allow tapes(steri strips) to lift off across your wound over the next week</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 trouble with urinating or burning on urination</p>	<p>Call if no bowel movement in first week</p>	<p>Call for incisions with:</p> <ul style="list-style-type: none"> •Redness •Pus-like drainage •Swelling •Pain not helped with pills