Discharge Checklist
After a kidney/pancreas transplant

Handling Your Questions and Concerns
I will be able to leave the hospital when I know:

- **When to call with questions and concerns**
  An experienced transplant team member is on call 24 hours a day. You may have questions or need to report a problem after you arrive home. Call one of the phone numbers listed on page 13-2 under “Whom to call with questions and concerns” if you have:
  - **Fever:** Temperature higher than 100°F (37.8°C)
  - **Pain:** Increasing pain, especially abdominal pain or pain over your kidney area
  - **Signs of infection in your wound:**
    - Redness
    - Tenderness
    - Swelling
    - Drainage from incision
  - **Nausea, vomiting, or diarrhea**
  - **Urine changes:**
    - Pain with urination
    - Bloody urine
    - *If you had a kidney transplant:* a sudden decrease in the amount of urine you are producing
    - You are not able to pass urine
- **High blood glucose:**
  - *If you had a pancreas transplant:* blood glucose over 250 mg/dl
  - Blood glucose regularly over 300 mg/dl

- **Bowel changes:**
  - No bowel movement for over 48 hours
  - Blood in your bowel movements

- **Questions about your medications:**
  - Dose instructions
  - What to do about missed doses
  - Other concerns

- **Whom to call for questions and concerns**

  For **life-threatening emergencies** at any time:
  - Call 9-1-1.

  For other questions and concerns:
  - **Weekdays** from 8 a.m. to 5 p.m., call your transplant coordinator.
    
    Your transplant coordinator is: ___________________________
    
    Phone number: 206-598-_______________________________

  - **After hours and on weekends and holidays:** Call 206-598-6190 and ask for the kidney or pancreas transplant doctor on call to be paged.

  For help with **housing, transportation, or emotional support:**
  - Weekdays from 8 a.m. to 4:30 p.m., call the Transplant Social Worker at 206-598-4676.
  
  - After hours and on weekends and holidays, call 206-598-6190 and ask for the Social Worker on call to be paged.

**Housing**

I will be able to leave the hospital when I know:

- **Where I will stay**
  - At my home
  - Or, I will be staying with or at: ___________________________
  - Phone number: _________________________________
Transportation
I will be able to leave the hospital when I know:

☑ Who will drive me to and from my appointments

My Appointments After Discharge
I will be able to leave the hospital when I know:

☑ How to get blood draws at the lab
The lab is located on the 3rd floor of the hospital. You do not need an appointment for lab visits. Lab request slips will be given to you or called to the lab. The lab is open weekdays, 6:30 a.m. to 6 p.m.

Have your blood drawn on clinic appointment days (Mondays, Wednesdays, and Thursdays) between 6:30 and 8 a.m. If your transplant coordinator asks you to have blood drawn after hours, you will need to go to the Evening Blood Draw lab on the 2nd floor of the hospital.

☑ How to set up follow-up appointments at the Transplant Clinic
Your transplant coordinator or transplant resident will set up your first follow-up appointment for you. After that, you will make your return appointments at the clinic reception desk or by calling 206-598-6700 or your transplant coordinator.

Signs and Symptoms
I will be able to leave the hospital when I know:

☑ Signs and symptoms of kidney transplant rejection
  • Weight gain
  • Fluid retention (swelling of your feet)
  • Decrease in the amount of urine you are producing
  • Fever
  • Pain or swelling over the transplant site
  • Flu-like symptoms or just feeling unwell (fatigue, aches, fever)
  • Increased levels of creatinine in your blood
□ Signs and symptoms of pancreas transplant rejection
  • Increased levels of serum amylase or lipase
  • *If bladder is being drained:* A decrease in urinary amylase
  • Flu-like symptoms: fatigue, aches, and fever
  • Elevated blood glucose levels

□ Signs and symptoms of infection
  • Fever and chills
  • Sore throat
  • Burning or pain with urination
  • Shortness of breath or coughing
  • Nausea or vomiting
  • Fatigue
  • Congestion
  • Areas of red skin

General Self-care
I will be able to leave the hospital when I can:

□ Care for my physical needs
  • Have a bowel movement (must have 1 before discharge)
  • Empty my bladder (if not on dialysis)
  • Properly care for my wound
  • Properly care for my vascular access site
  • *For patients who have diabetes or high blood glucose levels:* Demonstrate how to manage my blood glucose and give myself insulin shots

□ Exercise responsibly
  • Walk in the hallway 3 to 4 times a day
  • *If you have stairs at home:* Go up and down stairs
  • Know my physical activity limits
Monitor my progress

- Have a scale to check my weight
- Have a thermometer to take my body temperature
- Have a blood pressure machine/cuff to measure my blood pressure (may also measure pulse)
- *If you have diabetes or high blood glucose levels:* have a blood glucose meter to measure my blood sugar

Keep records

- Take and record my blood pressure, temperature, and pulse ______ times every day
- *If you had a pancreas transplant or have diabetes:* Check and record my blood glucose ______ times every day
- Weigh myself every morning
- Record my intake of fluids and how much I am urinating (total for each day):
  - 30 cc = 1 ounce
  - 240 cc = 8 ounces (1 cup)
  - 1,000 cc = 32 ounces (1 quart)
- Record my labs:
  - Creatinine (Cr)
  - Potassium (K)
  - *For pancreas transplant patients:* Blood and urine amylase
  - Anti-rejection drug levels
- *For pancreas transplant patients:* Collect 12-hour urine samples
- *If you have elevated blood glucose levels:* Record my insulin doses and adjust them, if needed
- Record my food or protein intake, if instructed by dietitian
- Keep track of medication changes and make changes to my medication box (mediset)
Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Transplant Services: 206-598-8881

- If you have diabetes: Monitor my blood glucose and adjust insulin
  - Check and record my blood glucose at least 2 times a day
  - Give myself insulin injections
  - Record insulin doses and adjust them if needed
  - Know the signs and symptoms of hyperglycemia (high blood glucose) and hypoglycemia (low blood glucose)

- Manage my diet
  - Keep food and liquids down without vomiting
  - Eat enough food to help my body heal after surgery
  - Discuss dietary needs and foods to avoid or limit
  - Make a diet plan

- Manage my medications
  - State the name and doses of the anti-rejection medications I am taking
  - Adjust the doses of my medications as directed by my doctor
  - Fill my medication box (mediset) and take medications on my own
  - Receive my discharge medication prescriptions
  - Have a plan for filling my discharge medication prescriptions