

## Discharge Checklist

### *After a kidney/pancreas transplant*

*Before you work through the checklist in this chapter, please review these chapters: “UWMC Clinic Care After Discharge” and “Life After Transplant Surgery.”*

### When can I leave the hospital?

Before you are ready to leave the hospital with your new kidney or pancreas, you will want to make sure you have done all the planning needed to make your transplant successful.

You will be able to leave the hospital when you can check off each of these items as true:



*You will be able to leave the hospital when you can say “Yes!” to all the “I know” statements in this chapter.*

### **Questions and Concerns:**

#### **I know when to call with questions and concerns.**

You may have questions or need to report a problem after you arrive home. A transplant team member is on call 24 hours a day. Call the transplant team if you have:

- Fever
- Pain
- Signs of infection in your wound:
  - Redness
  - Tenderness
  - Swelling
  - Drainage from incision
- Nausea, vomiting, or diarrhea

- Urine changes:
  - Pain when you urinate
  - Bloody urine
  - A sudden decrease in the amount of urine you produce
  - Not able to pass urine
- High blood glucose
- Bowel changes
- Questions about your medicines

**I know who to call for questions and concerns.**

- For **life-threatening emergencies** at any time, call 911.
- 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 the Community Careline at 206.744.2500 for help with your concerns.
- 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 know where I will stay.**

- At your home
- Or, you will be staying with or at: \_\_\_\_\_
- Phone number: \_\_\_\_\_

***Transportation:***

**I know who will drive me to and from my follow-up visits.**

## ***Follow-up Care:***

### **I know how to get blood draws at the lab.**

The lab is on the 3rd floor of the hospital. It is open weekdays from 6:30 a.m. to 6 p.m. You do not need to make an appointment for your lab visits.

You should have your blood drawn before you take your morning medicines and about 12 hours after your last dose of immunosuppressants. Since most patients take their medicines at 8 a.m. and 8 p.m., they usually have their blood draws between 7:30 a.m. and 8 a.m. The timing of your blood draws will depend on when you usually take your medicines.

Most times, you will have your blood drawn on clinic visit days. Clinic visit days are Mondays, Wednesdays, and Thursdays. Your transplant coordinator may ask you to have blood drawn at other times, too.

If you need to have blood drawn after hours, go to the Evening Blood Draw lab on the 2nd floor of the hospital.

### **I know how to set up follow-up visits at the clinic.**

Your transplant coordinator will set up your first follow-up visit for you. After that, you will set up your return visits at the clinic reception desk or by calling your transplant coordinator.

## ***Physical Signs:***

### **I know the signs of kidney transplant rejection.**

- Weight gain
- Fluid retention (swelling of your feet)
- Decrease in the amount of urine you are producing
- Fever, flu-like symptoms, or just feeling unwell (fatigue, aches)
- Pain or swelling over the transplant site
- Higher levels of creatinine in your blood

### **I know the signs of pancreas transplant rejection.**

- Higher levels of serum amylase or lipase
- Flu-like symptoms: fatigue, aches, and fever
- Higher blood glucose levels

**I know the signs of infection.**

- Fever and chills
- Sore throat
- Burning or pain when you urinate
- Being short of breath or coughing
- Nausea or vomiting
- Fatigue
- Congestion
- Areas of red skin

***Self-care:***

**I know how to care for my physical needs.**

- Have a bowel movement (must have 1 before discharge)
- Empty your bladder (if not on dialysis)
- Properly care for your wound
- Properly care for your vascular access site
- *If you have diabetes or high blood glucose levels:* Show that you know how to manage your blood glucose and give yourself insulin shots

**I know how to exercise responsibly.**

- Walk in the hallway 3 to 4 times a day
- *If you have stairs at home:* Go up and down stairs
- Know your physical activity limits

**I know the equipment I need and how to monitor my progress.**

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

**I know how to keep records.**

- Take and record your blood pressure, temperature, and pulse 2 times every day
- Weigh yourself every morning and record your weight
- Record any times you vomit or have diarrhea
- Measure and record your intake of fluids and how much you are urinating (total for each day):
  - 30 cc = 1 ounce
  - 240 cc = 8 ounces (1 cup)
  - 1,000 cc = 32 ounces (1 quart)
- Record your labs:
  - Creatinine (Cr)
  - Potassium (K)
  - *For pancreas transplant patients:* Amylase and lipase
  - Anti-rejection drug levels

***If You Have Diabetes or High Blood Glucose:***

**I know how to monitor my blood glucose and adjust my insulin dose.**

- Check and record your blood glucose at least 2 times a day
- Give yourself 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)

***Diet and Medicines:***

**I know how to manage my diet.**

- Keep food and liquids down without vomiting
- Eat enough food to help your body heal after surgery
- Talk with your dietitian about your dietary needs and foods to avoid or limit
- Make a diet plan

**I know how to manage my medicines**

- State the name and doses of the anti-rejection medicines you are taking
- Adjust the doses of your medicines as directed by your doctor
- Fill your pill box (mediset) and take medicines on your own
- Receive your discharge medicine prescriptions
- Have a plan for filling your discharge medicine prescriptions

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Transplant Services:  
206.598.3882