






# Living Kidney Donor CareMap

Before, during, and after your hospital stay

Before Surgery	Day of Surgery
<ul style="list-style-type: none"> <li><input type="checkbox"/> You will get education about the procedure and sign consent forms for surgery.</li> <li><input type="checkbox"/> Stop taking all supplements (such as fish oil, vitamins, and others), as directed.</li> </ul> <p><b>24-48 hours before surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You will receive a phone call from Pre-Anesthesia no later than 5:00 pm the day before surgery. On this call you will discuss check-in location and what medicines to take (if needed) the morning of your surgery.</li> <li><input type="checkbox"/> The night before surgery, take a shower with the prescription antibacterial soap.</li> <li><input type="checkbox"/> Do not eat or drink anything after midnight except clear liquids (such as water or apple juice).</li> </ul>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>At home before surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take another shower with the prescription antibacterial soap. Clean your surgical site well.</li> <li><input type="checkbox"/> Carefully follow all instructions you were given about what medicines to take on the day of your surgery.</li> <li><input type="checkbox"/> Do not take anything by mouth 2 hours prior to check in.</li> </ul> <p><b>At the hospital</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> If <b>not</b> donating through National Kidney Registry, please arrive at the 3<sup>rd</sup> floor lab at 6:30 am.</li> <li><input type="checkbox"/> If donating through National Kidney Registry, please arrive at the 3<sup>rd</sup> floor lab 30 minutes prior to your designated check-in time.</li> <li><input type="checkbox"/> Check in at either Admitting or Surgical Pavilion (as you were told on the phone call from Pre-Anesthesia).</li> <li><input type="checkbox"/> A nurse will take you to the pre-op area.</li> <li><input type="checkbox"/> An IV line will be placed in your arm to give you antibiotics, fluids, and pain medicine.</li> <li><input type="checkbox"/> We will give you a heating blanket to keep you warm.</li> <li><input type="checkbox"/> The care team will prepare you for surgery.</li> <li><input type="checkbox"/> Anesthesiology will take you to the operating room.</li> <li><input type="checkbox"/> You will be in the operating room between 3 to 5 hours. Your surgeon will contact your caregiver once you are out of surgery.</li> </ul> <p><b>After surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> After surgery you will recover in the post-anesthesia unit for a few hours before being moved to 7SA for the remainder of your stay.</li> <li><input type="checkbox"/> You will be allowed to chew gum, if you have some.</li> <li><input type="checkbox"/> You will be given sips of water and ice chips to chew.</li> <li><input type="checkbox"/> You will have a <i>Foley catheter</i> (tube) in your bladder to drain urine for at least 2 days.</li> <li><input type="checkbox"/> Nurses will take vital signs while you are sitting on the edge of bed before you get up.</li> <li><input type="checkbox"/> You will receive supportive medicines for pain and nausea.</li> </ul> </div> <div style="width: 45%; text-align: right;"> <div style="margin-bottom: 20px;"></div> <div style="margin-bottom: 20px;"></div> <div style="margin-bottom: 20px;"></div> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"></div> <div style="text-align: center;"></div> </div> </div> </div>

# Living Kidney Donor CareMap

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## Day 1

- Your care team will work with you to control your pain.
- You will begin taking pain pills instead of IV medicine.
- Do not get out of bed without help from hospital staff. You will begin getting out of bed and progress to walking in the halls with the help of your nurse.
- If needed, Physical Therapy will help in getting you mobile and provide you with exercises to do on your own.
- As your body recovers from surgery, you will slowly return to a normal diet.
- You will start your prescribed bowel regimen.
- Aim to spend at least 6 hours out of bed.
- Expect discharge from the hospital in the next 1-3 days.



## Days 2-4

- Your Foley catheter will be removed.
- You will get final discharge education on:
  - Nutrition, with a dietician
  - Your medicines, with a pharmacist
  - Donor support, with the Living Donor Advocate
  - Confirming caregiving plan, with a social worker
  - Post-donation care with the Living Donor Nurse
- You will be able to understand and restate:
  - Your daily care goals and follow-up plan
  - Your goal discharge date
- You will be taught how to care for your incision site and watch for signs of infection.



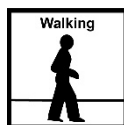
### Goals

- Your pain is well-controlled with oral pain medicines.
- Able to sit up, stand up, and walk on your own.
- Able to walk safely up and down the hallways on your own 3 times a day.
- Return to a solid food diet.



## Self-care / Follow-up

- Take pain medicines as needed: breakthrough medicines and scheduled Tylenol (acetaminophen).
- Perform bowel regimen, as needed. Do not go more than 48 hours without a bowel movement.
- Keep up with your food intake and protein goals. Small frequent meals or nutrient-dense snacks, until your appetite returns.
- Keep up with your ADLs and exercises, following activity precautions as prescribed.
- Nothing more strenuous than walking for the first 12 weeks after discharge.
- Do **not** lift anything that weighs more than 10 pounds. This is about the weight of 1 gallon of paint.



- Self-care:
  - Incision care, watch for infection
  - Breathing exercises
  - You may shower, but do **not** take a bath for 6 weeks.
- Know how and when to call the Transplant Surgery Care Team with questions or concerns
  - During business hours call your Nurse Coordinator, at 206-598-8134
  - After hours, go directly to UWMC Emergency Room
  - Have a low threshold to seek care. Call us if you have any concerns.

