



PATIENT INFORMATION

Kidney Transplant

Your hospital stay

***Please bring this book to the hospital
on the day of your surgery.***

THE OTTAWA HOSPITAL

Disclaimer

This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified health-care provider. Please consult your health-care provider who will be able to determine the appropriateness of the information for your specific situation.

Table of Contents

Day of Surgery “Before Deceased Donor Kidney Transplant”	1
Day of Surgery “Before Living Donor Kidney Transplant”	1
Day of Surgery “After Kidney Transplant”	1
Day #1 and # 2 “After Kidney Transplant Surgery”.	2
Day #3 and #4 “After Kidney Transplant Surgery”	2
Day #5 (Possible Discharge Day) to Day 6 and Beyond “After Kidney Transplant Surgery”	2
When You are Discharged	3
Riverside Campus Transplant Clinic Contact Phone Numbers.	3
Health Information for Patients and Their Family Patient and Family Libraries at The Ottawa Hospital	3



Events you can expect during your hospital stay

Day of Surgery “Before Deceased Donor Kidney Transplant”

- No further eating or drinking once you have been called for surgery.
- If you are diabetic, special instructions will be provided.
- After your arrival from the admission area to your room, it will become very busy as we prepare you for surgery:
 - Physical exam
 - Blood work
 - Chest x-ray, ECG
- Your nurse will review what to expect regarding usual events of the operative day. Your nurse will also review the usual post-op course, expected length of stay and pain management.

Day of Surgery “Before Living Donor Kidney Transplant”

- Note: you will arrive on 7 North West the afternoon before your transplant.
- Blood work will be done.
- You will receive fasting instructions from your nurse.
- The morning of your transplant your nurse will review what to expect regarding usual events of the operative day.
- Your nurse will also review the usual post-op course, expected length of stay and pain management.

Day of Surgery “After Kidney Transplant”

- You will go to the Post Anesthetic Care Unit (PACU) for approximately 12 hours before being transferred back to the ward.
- Family may call in to PACU to check on your progress at 613-737-8458.
- Family may visit once you are settled back in your room:
 - Please only 2 visitors at a time for short periods.
- Your vital signs (blood pressure, temperature, pulse) will be checked frequently.
- You will have an intravenous line from the right or left side of your neck.
- A tube called a “urinary catheter” will be in your bladder to drain your urine.
- You may need to wear oxygen temporarily after your operation.

- There will be a gauze dressing over the incision on your abdomen.
- You will have an ultrasound and doppler to check on your new kidney.
- You may need dialysis if your new kidney does not work immediately.

Day #1 and # 2 “After Kidney Transplant Surgery”

- Every morning between 5 and 7 a.m., the Nurse will take your blood work.
- Your abdominal dressing (bandage) will be checked, and may be changed if needed.
- You will go for a renal scan in Nuclear Medicine via stretcher to check the new kidney.
- You will be out of bed to a chair, and encouraged to do deep breathing and coughing exercises.
- You will be weighed every morning before breakfast (expect a weight gain after surgery because of extra fluid given during surgery).
- Your diet will be increased from clear fluids to solid food as tolerated.
- On day 2 your vital signs will now only be taken every 4 hours.
- On day 2 your pain medication by intravenous may be stopped, and given by mouth only.

Day #3 and #4 “After Kidney Transplant Surgery”

- During these days, you will focus on returning to your regular diet and increasing your activity.
- Diet restrictions may depend on your kidney function.
- The urinary catheter (tube) in your bladder will be assessed for possible removal on post-op day 4.
- Your incision may be left without a bandage if clean and dry.

Day #5 (Possible Discharge Day) to

Day 6 and Beyond “After Kidney Transplant Surgery”

- You should review your Transplant Companions Education binder.
- Your Nurse will review the signs and symptoms of infection and rejection with you.
- You will be closely watched for signs of rejection and a kidney biopsy may be arranged if there is any concern with your new kidney.
- During these last days, preparations for discharge are made.
- You will be seen by a nephrology Pharmacist to review your transplant medications.
- You will be seen by a nephrology Dietitian to review your diet.
- You will be seen by a Social Worker to ensure all necessary support is in place prior to discharge.

- A Nurse from the Transplant Clinic will visit with you (usually on the Tuesday) before your discharge to review clinic visits, expected follow-up routines and answer further questions.

When You are Discharged

- An appointment will be made and given to you by your Nurse with the Transplant Clinic for ongoing follow-up.
- Please be sure to bring all your medications and containers to this first visit at the Transplant Clinic.
- If you are not going home after discharge, be sure to give your contact phone number to your Nurse.

Riverside Campus Transplant Clinic Contact Phone Numbers

Appointment booking: 613-738-8400, ext. 82788

Clinic Nurse: 613-738-8400, ext. 82742