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.
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**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**

Appointement booking: 613-738-8400, ext. 82788  
Clinic Nurse: 613-738-8400, ext. 82742