

Discharge Instructions



You are encouraged to return to your regular physician for routine check –ups after your transplant. You will also need to continue to see your nephrologist for regular check-ups.

- Before having any medical or surgical procedures, please call your transplant coordinator.
- Please check with your transplant coordinator before taking or stopping any medicines prescribed by another physician.
- **DO NOT EVER eat or drink grapefruit, pomegranate, or starfruit.**

☐ **Weigh Yourself: First thing every morning on your scale** and write it in your daily patient log. Call your coordinator if you gain more than 2 pounds from the previous day or more than 5 lbs. in 1 week.

☐ **Take Your Temperature:** Every day take your temperature and record it in your daily patient log. **Call your coordinator if your temperature is greater than 100.5degrees.** You may take 2 Tylenol and re-check in 1 hour. **If it still is greater than 100.5 degrees you need to go to the ER to get treatment.**

☐ **Monitor Your Blood Pressure Every Morning & Night with your blood pressure cuff:** Write it down in your daily patient log. You should take your blood pressure 60-90 minutes after you have taken your morning and evening medication.

☐ **Double Void:** It is common after transplant to have trouble emptying your bladder completely. To help, it is important to double void and urinate frequently. To double void, urinate as much as you can and then wait 30 seconds and try again. Urinate and empty bladder every 2 to 3 hours.

☐ **Measure Your Intake & Output:**

- Record all fluids you drink in your daily patient log.
- Once your kidney is fully functioning, you should be drinking 2–2.5 L minimum daily.

☐ **Bring This Transplant Book & Current List of Medications:** When you come for lab work and appointments. Bring any scheduled medication with you so you can take it on time. **ALWAYS** carry a current list of medications with you including name, dosage, and frequency you take them. □

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- ☐ **Be seen by your transplant team on a regular basis and follow your personal plan of care as instructed. Bring a list of any problems or concerns you might have to each visit.**
- ☐ **Follow-up with your community nephrologist and primary care doctor on a regular basis to assess your overall health. Your primary care doctor can assist you with concerns such as high blood pressure, high blood sugar, and any previous conditions they were treating you for before transplant. It is important to continue seeing your community nephrologist for updates as your transplant team will determine when you can be discharged back after transplant.**
- ☐ **Take your anti-rejection medications every day and at the right times as directed by the transplant team to keep your body from rejecting your new kidney. Continue to take your anti-rejection medication no matter how great you feel, even if you think your transplanted kidney is working well.**

**Stopping these medications may
cause rejection to occur at any time.**

- ☐ **Follow the recommended schedule for lab tests and clinic visits to make sure that your kidney is working properly. Make sure you follow a healthy lifestyle including proper diet, exercise, and weight loss if recommended. Remember not to eat or drink grapefruit, pomegranate and starfruit.**
 - ☐ **If a provider other than a member of your transplant team gives you a prescription or changes your medications, notify the transplant team. It is very important to have a current list of your medications on file to be able to assess and treat you appropriately.**
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- ☐ **If you are ever exposed to chicken pox, please call your transplant nurse as soon as possible.**

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Discharge Instructions — Urinary Catheter Care



If you are going home with a catheter, you can prevent infections by doing good catheter care every day. Be sure to follow these steps.

1. Wash your hands thoroughly with soap and water.
2. Using mild soap and water to clean your private parts.
 - Men should pull back the foreskin, if needed, and clean the area, including the penis.
 - Women should separate the labia, and clean the area from front to back.
3. Start by cleaning the catheter from where it enters your body and then down the catheter, away from your body. Make sure to hold the catheter close to where it enters your body, so that you don't put tension on it.
4. Rinse the area well and dry it gently.
5. Keep the catheter secured to your thigh to prevent it from moving.
6. Do not lie on or block the flow of urine in the tubing.
7. Always clean your hands before and after touching the catheter or bag.
8. Keep the drainage bag below the level of your bladder and off the floor at all times.
9. The spout of the drainage bag should never touch the side of the toilet or any emptying container.
10. When emptying the bag wash your hands and use the spigot to empty the urine taking care to not contaminate spigot.
11. Wipe spigot with alcohol before closing.

