



Clinical Transplant Services Kidney/Pancreas Transplant Program

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TAKE HOME INSTRUCTIONS FOR THE KIDNEY DONOR

Below are some guidelines about what you can expect and how to take care of yourself after your surgery. Although you may feel better each day, please remember that you are recovering from a major operation and that it may be 1 to 6 months before you are fully healed.

COMPARISONS OF DONOR SURGERIES

	<u>Open</u>	<u>Laparoscopic</u>
Time in the OR	~ 4 hours	~ 4-6 hours
Incisions/scars	one ~ 8 inches	one ~ 4 inch, two or three ~ 1 inch
Usual hospital stay	~ 4 days	~ 3-4 days
Return to desk job	~ 3 weeks	~ 3 weeks
Return to manual job	~ 12 weeks	~ 6 weeks

NUTRITION

- Eat a well-balanced diet to encourage healing. For the first 2 months after surgery, eat 1 ½ times your recommended protein intake. This will promote post-operative healing. After 2 months, we recommend a moderate protein intake.
- Increase the quantity of fruit and vegetables in your diet.
- Drink plenty of fluids - at least 2-3 quarts per day.
- Use the stool softening medications provided to you for at least one month.
- Do not strain to have bowel movements.
- Use the laxative given to you at discharge on the evenings of any day you miss a bowel movement until your regular pattern returns.

ACTIVITY

- Weeks 1 - 2: Do not lift anything over 10 pounds or the equivalent level of physical exertion.
- Weeks 3 - 12: **GRADUALLY** increase your activity level and lifting. You can lift up to 25 pounds by week 6 if you had a laparoscopic surgery, and week 12 if you had an "open" or traditional surgery. After that, gradually increase to your usual level of activity.
- Get plenty of rest.
- Walking is recommended as your daily exercise during your recovery. Do not perform strenuous activities that strain the muscles of your back, sides, or abdomen until week 6 (laparoscopic) or week 12 (open).
- Do not engage in strenuous sexual activity for 1 month after surgery.
- Do not drive a car or operate machinery while you are taking narcotic pain medicine. A car with automatic transmission and power steering is recommended for 6 weeks after surgery.

YOUR INCISION

- Keep the surgical wound clean by taking regular showers. Pat dry your incision after showering. No tub baths or swimming for 6 weeks and incision is healed. Do not remove steri-strips; let them fall off by themselves.
- The edges of your incision will feel firm and somewhat tender for several weeks. This "healing ridge" is normal.
- It is not unusual for kidney donors to notice a sudden worsening of discomfort at specific points along or underneath their wound.
- You may feel numbness or tingling along your incision. This is not unusual and may last for several months.
- Men may notice pain, tenderness, or swelling in your scrotum. This may last for several months.

CALL US IF...

- Your wound separates, becomes red or develops drainage.
- You have a fever of greater than 101° F or 38.5° C.
- You have pain near your incision which does not respond to pain medicines.
- You have any painful urination or reduced urine output
- You have **ANY** concerns about your recovery

HOW TO REACH US FOR URGENT ISSUES

- During the day, call (503) 494-8500 to reach your coordinator's office. Speak with a live person (don't leave a voicemail)
- After hours or on the weekend, call (503) 494-8311 and ask to speak with the kidney transplant clinical coordinator "on call".

FOLLOW-UP APPOINTMENTS

- You have a post-op check with Dr. _____ at _____ on _____ (date) at the Physicians Pavillion, Rm 220. **GO TO THE LAB FIRST** at Physicians Pavilion, Room 300 at _____.
- We will remind you to get the following at 6, 12, and 24 months after donation:
 - Blood pressure check
 - Weight check
 - Chemistry blood test
 - Urine analysis

OHSU will pay for your 6, 12, and 24 month blood and urine tests. Your coordinator will call you at 6, 12, and 24 months after your surgery to see how you are doing and complete mandatory UNOS follow-up forms.

- Through your own health care provider, we recommend you continue to get the same studies every year after donating. Remember: leading a healthy lifestyle (regular exercise, good nutrition, and healthy weight) will help your remaining kidney work at its best.

LONG-TERM RECOMMENDATIONS

- Check your blood pressure every few months (this does not need to be at an MD office).
- Have a blood chemistry test, urine analysis test, blood pressure check, and a weight check every year after donation. This needs to be arranged through your primary care provider after your two year follow up period with OHSU.
- Non-steroidal anti-inflammatory agents (NSAIDS) such as Motrin, ibuprofen, Advil, aspirin or naproxen may be used in low to moderate doses for limited periods of time. We recommend a maximum **of ten (10) 200 mg** over-the-counter tablets per month. You should NOT use NSAIDS in large doses for extended periods of time as they may harm your remaining kidney. Prescription strength NSAIDS should be avoided, except the topical "patch" which is kidney-friendly. Taking a "baby" aspirin a day (81mg) is fine.
- Tylenol use should be limited to a maximum of 3,000mg daily.
- Check with your own doctor before taking herbal preparations and supplements; some can be harmful to your kidney. If you or your provider has questions you can call the transplant office.
- IV dye for tests such as CAT scans or MRIs should be avoided if possible. If they are necessary, you should be well hydrated before and after the study.
- In choosing whether or not to participate in activities that carry some risk of physical injury (for example, "extreme sports"), remember that you only have one remaining kidney. Take good care of it.
- If you develop a medical problem that might be related to your kidney donation, please contact the Transplant Office to report it or get advice about having it evaluated.

Thank you for participating in the OHSU Kidney Transplant Program and for providing someone with a truly wonderful gift. We wish you a speedy recovery and many years of good health.

The United Network for Organ Sharing provides a toll-free patient services line to help transplant candidates, recipients, and family members understand organ allocation practices and transplantation data. You may also call this number to discuss a problem you may be experiencing with OHSU or with the transplantation system in general. The toll-free number is 888/894-6361