

Recovery in the Intensive Care Unit

- Following your surgery, you will be transferred to the Post Anesthesia Care Unit or go directly to the Medical/Surgical Intensive Care Unit (MSICU)
- You will have several monitoring devices in place following surgery. They monitor your vital signs, oxygen level, and urine output. These will be discontinued as you progress through your hospital course
- Your immediate family will be able to visit you in the MSICU. Visitors in the MSICU must be at least 12 years old, and visitation is limited to two family members at a time
- The evening of surgery, you will be expected to get out of bed to the chair
- Your diet will start with sips of clear liquids and will be advanced as tolerated

Recovery on Main 4

- When you are stable and discharged from the MSICU, you will be transferred to Main 4
- You will remain on this floor until you are ready to be discharged to home. This is expected to be about five days from your transplant procedure
- To reduce the risk of infection, all visitors and staff are required to wash their hands before interacting with you. In addition, no fresh flowers or fresh fruit are to be in your hospital room
- While on Main 4, you and your family will receive education about how to care for yourself and your new transplanted organ. It is extremely important that your support person be present for these education sessions. The post-transplant coordinator will coordinate these education sessions with you and your support person during your hospital stay
- Your post-operative clinic visits will be scheduled prior to discharge

Visitation During Your Recovery on Main 4

After you have been transferred to Main 4, your family and friends will be able to visit from 9 a.m. to 9 p.m. To promote rest and recovery for all our patients, we ask that all visitors leave the hospital by 9 p.m.

If you have any questions about any of this information, please contact your Transplant Coordinator at 717-231-8700 or 877-778-6110.

Thank you for choosing UPMC Pinnacle for your transplant care. We are here for one reason—to take care of you. For more than 140 years, our caring, professional staff has been setting new standards of excellence as we strive to bring you the best in comfortable, affordable, quality care.

UPMC Pinnacle

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Form 0650-124 12/17 (PS)

UPMC Pinnacle



Pre-operation
Instructions
for
**KIDNEY
TRANSPLANT**

This information will help you prepare for your transplant. **Please bring this booklet with you on the day of Preadmission testing and on the day of admission.** If you have any additional questions, please speak with your transplant coordinator.

Day of Preadmission Testing

- Report to the Transplant Office on Brady 8
- **You do not need to be fasting for this appointment**
- Please bring a photo ID and all of your insurance cards
- You must bring your support person to this appointment
- This appointment will take approximately 4 to 5 hours. You will meet many members of the transplant team, have blood drawn for final testing, and have an EKG and a chest x-ray done on this day.

Before Your Surgery

Surgical Site Infection Prevention

A surgical site infection is an infection that happens at or close to the part of the body where surgery was performed. It usually occurs within the first few weeks after surgery, but in some cases can happen later.

What you can do to prevent a surgical site infection BEFORE surgery:

- Do not shave your abdomen. Shaving can cause skin irritation which can lead to an infection.
- Eat nutritious foods
- Control your blood sugar levels
- Stop tobacco use
- Tell your surgeon and coordinator about any type of infection, rash, or open skin areas
- Have good personal hygiene. Make sure you shower with an antibacterial soap such as Safeguard or Dial.

Seven Days Prior to Your Surgery

Approximately one week prior to your surgery a member of the preadmission department will call you to complete your preadmission medical history and review a list of your medications.

Additionally, during this call all women ages 18-55 who have not had a hysterectomy will be notified of the UPMC Pinnacle pregnancy testing requirements prior to surgery. This will be discussed during your preadmission testing appointment.

One Day Prior to Your Surgery

The day prior to your surgery a member of the preadmission department will call you to provide your surgery time, arrival time to the hospital, and all final instructions. **Please plan to arrive at the hospital no later than 5:30 a.m. the day of your surgery.** If you have not been called by 4 p.m. the day prior to your surgery, please call the preadmission department at 717-230-3461.

- **If you are on hemodialysis, you will need to schedule a treatment first thing in the morning, the day before your surgery. Please give your dialysis unit plenty of time to make these arrangements**
- You may eat a regular breakfast and lunch the day before your surgery
- **At 2 p.m. you will need to drink a bottle of magnesium citrate.** This is an over-the-counter laxative available without prescription at your local pharmacy. Please note that magnesium citrate is a bowel preparation to cleanse your bowel, so it will make you go to the bathroom
- **You may only drink clear liquids from 2 p.m. until midnight.** Clear liquids are any liquid that you can see through such as apple juice, clear sodas, tea, jello, and broth
- **You must not have anything to eat or drink after midnight**

Day of Surgery

- Please take the following medications with a sip of water prior to coming to the hospital:
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If you are doing Peritoneal Dialysis, please come to the hospital with some dwell fluid still in your abdomen. Bring drainage supplies with you into the hospital as you will be asked to empty your abdomen after you arrive. Please also bring enough supplies to do manual exchanges for a 24-hour period of time. (You may leave these supplies in your car).

- Please bring your photo ID and all insurance cards
- Do not bring any valuables to the hospital with you. You should bring your glasses and dentures and protective cases that may be needed for them. UPMC Pinnacle does not accept responsibility for the loss or damage to any belongings brought into the hospital, except those that have been deposited into the hospital safe. Belongings that are retained at the patient bedside are the sole responsibility of the patient
- All jewelry, including piercings and wedding band, must be removed
- Do not wear any makeup
- **Arrive at the hospital no later than 5:30 a.m. unless you are told otherwise**
- Enter the hospital through the main entrance and report to the 3rd floor Surgical Waiting Room, using the Public D Elevator which is dark blue in color.
- To increase your comfort and protect your privacy, UPMC Pinnacle has installed the Q-matic system. The Q-matic system resembles a computer screen. When you get off the elevator and turn right, you will see the Q-matic ticket dispenser in the elevator lobby on the left. Please take two tickets prior to entering the waiting room, and have a seat in the waiting room. The receptionist will call you to the desk by using this number. To protect the privacy of patients, visitors in the preop area will be limited to two per patient.
- The staff in the preop area will double check your identity, allergies, procedure, and basic health status.
- Your family will be able to be with you while you are in the preop area. When you are taken to the operating room, your family will receive instructions on how to follow your progress through our tracking system message board, which also can be accessed through the Internet or your smartphone.

About Your Anesthesia

- Anesthesia is administered by anesthesiologists who are specially trained medical physicians that work with nurse anesthetists and technicians.
- You will meet the anesthesiology staff that will be assisting with your surgery prior to going into the Operating Room. The anesthesiologist will discuss your medical history and go over any testing or lab results you may have had done recently. After discussing your options and answering your questions, an anesthetic plan will be determined.
- Before you are taken into the Operating Room, you will be given your first dose of anti-rejection medications with a sip of water.

During your Surgery

Once you are in the operating room, you will be positioned on the operating table and anesthesia will be administered. Your surgery will take approximately three hours. While you are in the operating room, the following monitoring devices will be placed:

- A central IV line will be placed in your neck or under your collar bone to administer medications and monitor your hydration.
- EKG monitor is used to monitor your heart rate
- A Blood Pressure cuff to monitor your blood pressure
- A pulse oximeter to monitor your oxygen level
- A foley catheter to monitor your urine output.