

- Pain medicine will be prescribed for you
- The evening of surgery, the staff will help you get out of bed to sit in the chair
- You will be provided an incentive spirometer (ISB) to help you expand your lungs. This will help improve oxygenation and minimize the chance for breathing complications
- Your diet will start with sips of clear liquids and will be advanced as tolerated

The Day Following Surgery

To enhance your recovery, you will be required to walk in the halls at least three times per day during your hospital stay. The transplant team will assess your progress and make plans for your discharge.

Visitation During Your Recovery

After surgery, 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.

Discharge

- You will be discharged two to three days following surgery.
- You will be provided with written discharge instructions and a prescription for pain medicine.
- You will also be scheduled for your post-operative appointment, approximately three to four weeks following surgery.

Restrictions after living donation

For your safety and to ensure adequate recovery time, you will have the following restrictions after surgery:

- No driving for two weeks after surgery
- No lifting greater than 15 lbs. for six to eight weeks after surgery
- No tub baths or swimming for four weeks after surgery
- Do not use non-steroidal anti-inflammatory drugs (NSAIDS) as they may be harmful to your remaining kidney

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

Thank you for choosing UPMC Pinnacle for your 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

Transplant Services
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 UPMCPinnacle.com/Transplant

UPMC Pinnacle complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Form 0650-123 1/18 (PS)

UPMC Pinnacle



Pre-operation
 Instructions
 for
**DONOR
 NEPHRECTOMY**

This information will help you prepare for surgery. **Please bring this booklet with you on the day of Pre-admission testing and on the day of admission.** If you have any additional questions, please speak with your living donor 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
- You must bring your support person to this appointment
- This appointment will take approximately 4 to 5 hours. You will meet with 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 Dial or Safeguard.

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.

- 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.**
- To reduce the chance of infection: Wash your whole body with your normal soap, preferably in the shower. Use the provided Chlorhexidine soap to wash your abdomen. Wash in circular motions. Be sure to get in all skin folds. After your shower is complete pat yourself dry with a freshly washed towel. Do not apply any powder, deodorants, or lotions. **Important note:** If you develop a skin reaction from Chlorhexidine, stop using it immediately. If the reaction is severe call our office 877-778-6110, if swallowed contact poison control immediately 1-800-221-1222 (central PA). Keep Chlorhexidine out of the reach of children.

DAY OF SURGERY

- Please take the following medications with a sip of water prior to coming to the hospital:

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- Please bring your photo ID
 - 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 2 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 their 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

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:

- EKG monitor 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
- Sequential Compression Device (SCDs) to prevent blood clots in the legs when you are immobile

Recovery From Surgery

You will wake up in the Post Anesthesia unit. You will have oxygen in place, an automatic blood pressure cuff, SCDs and the foley catheter. When you are fully awake, you will be transferred to Main 4, where you will stay until you are discharged from the hospital.