

Living Kidney Donor Discharge Instructions

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Reimbursement Program

You may be able to get reimbursed (get money back) for some of the costs of being a living organ donor. You must submit forms for this. If you have questions, ask your donor social worker or the Living Kidney Donor Coordinator.

Important phone numbers

Living Kidney Donor Coordinator

> Phone: _____

Donor social worker

> Phone: _____

Surgeon

> Phone: _____

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This pamphlet will give you information on how to heal and stay healthy after your kidney donation surgery.

Eating and drinking

- Try to drink 8 to 10 glasses of fluids (like water) a day.
- Eat smaller meals and snacks until you feel well enough to go back to your regular meals.
- Avoid fatty foods and high-protein diets.

Incision (cut) care

- You may have Steri-Strips™ (strong pieces of tape) over your incision to keep it closed. Often, the Steri-Strips™ will fall off on their own. If they do not fall off, you may remove them after 7 days.
- **Do not** take a bath, use a hot tub, or swim for 2 weeks (14 days) after your surgery.
- You may shower at anytime. Gently pat your incision dry. **Do not rub.**
- Wear loose, comfortable clothing.

Urinating

- After your surgery, you will have a catheter (a thin, hollow tube) to help you urinate (pee).
- When the catheter is removed, you may have some urinary symptoms for a few days, like:
 - › A burning feeling when you urinate
 - › Not feeling like you need to urinate as much
 - › Not urinating as much as usual
 - › Blood in your urine
- These symptoms are common. They usually last for 2 to 3 days, but may last for 1 to 2 weeks (7 to 14 days).

Bowel movements

- You may be constipated (not able to poop) after surgery. To help, try eating high-fibre foods (like bran or prunes).

If you have any of these symptoms, go to the nearest Emergency Department right away:

- › A fever over 38 °C or 100.4 °F **twice (2 times) or more in the first 1 to 3 weeks after surgery**
- › Nausea (feeling sick to your stomach), vomiting (throwing up), and you cannot keep down fluids, food, or medication
- › Pain in your abdomen (stomach area) that is not helped by pain medication
- › Swelling, warmth, redness, or cloudy or bad smelling drainage from the incision
- › Pain from the incision that does not get better
- › Severe (very bad) fatigue (tiredness)
- › Constipation for **longer than 1 week**
- › Cannot pass gas
- › Blood in your urine
- › Signs of a bladder infection (like pain or burning when you urinate, urinating a lot, or not being able to urinate)
- › Feeling confused or dizzy
- › Slurred speech (cannot speak clearly)
- › Trouble breathing or chest pain
- › Fainting

Feelings after surgery

- Some donors may feel let down after surgery. These feelings are normal. Talk with your primary health care provider (family doctor or nurse practitioner) if you feel this way.
 - › You can ask your donor coordinator for a referral to our donor social worker or our donor psychologist. They are here to support you.

Going back to work

- Your surgeon will talk with you about when you can go back to work. For most people, this is 4 to 6 weeks after surgery.
- How soon you can go back to work will depend on:
 - › the type of work you do.
 - › your health and recovery.

Medications

- You may take acetaminophen (Tylenol®) for pain as told by your doctor. **Do not** take Tylenol if you are allergic.
- **Do not** take nonsteroidal anti-inflammatory medication (like Aleve®, Aspirin®, or ibuprofen).
- If you were taking prescription medication, over-the-counter medication, or herbal products before your surgery, your surgeon will tell what medications to keep taking, or when to start taking them again.
- Talk to your primary health care provider or pharmacist before starting any new natural health products.

Follow-up

- You will have a follow-up appointment with your surgeon about 6 weeks after your surgery. You will get a requisition form to have blood work done 1 week before this appointment.
- You should see your primary health care provider:
 - › 3 months after your surgery.
 - › 6 months after your surgery.
 - › once every year.