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 maybe 1 to 6 months before you are fully healed.

COMPARISONS OF DONOR SURGERIES

<table>
<thead>
<tr>
<th></th>
<th>Open</th>
<th>Laparoscopic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time under anesthesia</td>
<td>~ 4 hours</td>
<td>~ 4-6 hours</td>
</tr>
<tr>
<td>Incisions/scars</td>
<td>one ~ 8 inches</td>
<td>one ~ 4 inch, two or three ~ 1 inch</td>
</tr>
<tr>
<td>Usual hospital stay</td>
<td>~ 4 days</td>
<td>~ 3-4 days</td>
</tr>
<tr>
<td>Return to desk job</td>
<td>~ 3 weeks</td>
<td>~ 3 weeks</td>
</tr>
<tr>
<td>Return to manual job</td>
<td>~ 12 weeks</td>
<td>~ 6 weeks</td>
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NUTRITION

- Eat a well-balanced diet to encourage healing, including a moderate (not high) protein intake. For the first 2 months after surgery, eat 1 ½ times your recommended protein intake. This will promote post-operative healing.
- Increase the quantity of fruit and vegetables in your diet.
- Drink plenty of fluids - at least 1½ to 2 quarts per day.
- Use the stool softening medications provided to you for at least one month.
- Do not strain to have bowel movements.
- Use Milk of Magnesia (1/4 cup followed by 1 cup water) 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, reaching your usual level by week 6 if you had a laparoscopic surgery, and week 12 if you had an “open” or traditional surgery.
- Get plenty of rest.
- Walking is recommended as your daily exercise. 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. Dry your incision after showering.
- 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 or tenderness 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 101º F or 38.5º C.
- You have pain near your incision which does not respond to pain medicines.
- 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

- Call your transplant coordinator in 2 to 3 weeks and let her know how you are doing.
- You have a post-op check with Dr. _________________ at __________ a.m. on _____________ (date)
  at ______________________ (location).
- GO TO THE LAB FIRST at Physicians Pavilion, Room 300
- We recommend you get the following at 6, 12, and 24 months after donation:
  - Blood pressure check
  - Weight check
  - Fasting chemistry
  - Urine analysis

OHSU will pay for your 6 and 12 month blood and urine tests if your insurance will not. 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 and urine test, a blood pressure check, and a weight check through your primary care provider at 12 and 24 months after donation and then every year.
- Non-steroidal anti-inflammatory agents (NSAIDS) such a Motrin, ibuprofen, Advil, or naproxen may be used in low to moderate doses for limited periods of time. We recommend a maximum of twenty (20) 200 mg tablets per month. You should NOT use NSAIDS in large doses for extended periods of time as they may harm your kidney.
- Check with your own doctor before taking herbal preparations and supplements; some can be harmful to your kidney.
- In choosing whether or not to participate in activities that carry some risk of physical trauma, 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