**Healthy Kidney Donor Care Plan**

(This document may be accessed on the kidney transplant wiki page)

Projected Length of Stay: 1-2 days

The Care Plan addresses key steps in patient care from the period through hospital discharge to home or transfer to a rehabilitation facility. It is expected that some patients may have more complicated clinical courses that may warrant changes in the Care Plan.

# POD#0 (Transfer to 8CCP)

## Orders:

## “Healthy Kidney Donor Post Op Admission” order set

* Clears, then advance as tolerated
* Foley removal intra-op, post-op void check

## Medications:

* D51/2NS at 75 ml/hr
* Ondansetron (Zofran) 4-8 IV/PO q6 prn
* Promethazine (Phenergan) 12.5 IV q6 prn
* Heparin 5000 units TID
* Acetaminophen 975mg orally q8hr scheduled
* Gabapentin 300mg TID
* Tramadol 50mg q6h prn (4-6)-100 mg q6h prn (7-10)
* Dilaudid 0.5mg IV q4h prn breakthrough pain (7-10)
* Dexamethasone 10mg IV once on POD#1
* Ketorolac (Toradol) 15 mg IV q6 x 48 hr
* Miralax and Colace BID
* Abdominal binder

## Nursing:

* Page provider if no void 6 hours following foley removal
* Strict I&Os
* SCDs
* Vitals per unit routine
* Daily Standing Weight
* IS 10x/hr while awake

# POD#1

## Orders:

* CBC, BMP
* Regular diet

## Medications:

* D/C IVF
* Heparin 5000 units TID
* Acetaminophen 975mg orally q8hr scheduled
* Gabapentin 300mg TID
* Tramadol 50mg q6h prn (4-6)-100 mg q6h prn (7-10)
* Dilaudid 0.5mg IV q4h prn breakthrough pain (7-10)
* Dexamethasone 10mg IV once on POD#1
* Ketorolac (Toradol) 15 mg IV q6 (D/C if creatinine>2) x 48 hr
* Miralax and Colace BID

## Nursing:

* Strict I&Os
* SCDs
* Vitals per unit routine
* Daily Standing Weight
* IS 10x/hr while awake
* Up in chair
* OOB-Ambulate TID

Educations: Responsibility of all members of team to make sure all questions from family/patient answered to their satisfaction.

Discharge Planning: Coordinator teaching. Discharge with 2 weeks of Tylenol 1000 mg q8h scheduled, Gabapentin 300 mg TIB, and Tramadol 50-100 mg q6h PRN for pain. Provide abdominal binder. Tolerating regular diet. Other DC meds: miralax BID, Colace BID, Zofran 4mg q6hr prn N/V.