

# My Kidney Transplant Calendar

6 hours after surgery	Day One after surgery	Day Two after surgery	Day Three after surgery	Day Four after surgery	Day Five after surgery
Drink to thirst You will have Intravenous (IV) fluids	Drink to thirst IV fluids will continue	Fluid allowance will be given for the day Complete own fluid balance chart	Fluid allowance will be given for the day Complete own fluid balance chart	Fluid allowance will be given for the day Complete own fluid balance chart	Fluid allowance will be given for the day Complete own fluid balance chart
Start eating when you feel able Chew gum for 15 minutes, 4 times a day	Start on solid food as tolerated Continue chewing gum	Continue on solid food Continue chewing gum	Continue on solid food Continue chewing gum	Continue on solid food Continue chewing gum	Continue on solid food Continue chewing gum
Let nursing staff know what your weight was before transplant	Nursing staff will weigh you	Nursing staff will weigh you	Weigh yourself before breakfast using stand on scales & record - nursing staff to assist if needed	Weigh yourself before breakfast independently	Weigh yourself before breakfast independently
Sit upright in bed Sit out for 1 hour Do leg exercises 2-3 times every hour	Sit upright in bed Sit out twice for 1 hour Do leg exercises 2-3 times every hour	Sit upright in bed Sit out twice for 1-2 hrs Walk the ERAS lap twice per day Do leg exercises 2-3 times every hour	Sit upright in bed Sit out for 2-4 hours Walk 2 ERAS laps three times per day Do leg exercises 2-3 times every hour	Sit out for 4-6 hours Walk 2 ERAS laps 4 times per day Do leg exercises 2-3 times every hour	Sit out for most of the day Walk 2 ERAS laps 6 times per day
Do deep breathing exercises 10 times every hour	Use spirometer 10 times every hour	Use spirometer 10 times every hour	Use spirometer 10 times every hour	Use spirometer 10 times every hour	Use spirometer 10 times every hour
Nursing staff will assist you with a wash	Nursing staff will assist you with a wash	Wash independently at the bedside	Shower with assistance - Ask staff to look at dressing after	Shower - Ask staff to look at dressing after	Shower - Ask nurses to look at dressing (likely can be removed)
My calendar and medicines chart will be given to read	Discharge booklets will be given to read	Using medicine chart identify medicines you are taking	Read through discharge booklets	Go through discharge training with CNSs or nursing staff	Ask questions if unsure of any discharge information