

**DISCHARGE INSTRUCTIONS FOR LAPAROSCOPIC
DONOR NEPHRECTOMY**

1. Your incision is sutured with absorbable stitches that do not need to be removed, and covered with medical glue. You may shower over the incisions. No wound care is needed.
2. Expect some weight loss, lack of energy and tiredness for the first two (2) weeks. Plan on two (2) weeks off work as a minimum. You may return to work and driving as soon as you feel ready.
3. You will receive a prescription for pain medication that you may take as often as every four (4) hours. Do not drive while taking this. Side effects include constipation and drowsiness.
4. Diet: Regular diet.
5. Call to make an office appointment for two (2) weeks, sooner if leaving town to return home.
6. Expect some shoulder pain – it should resolve in 24-48 hours.
7. Do not engage in any physical activity that may risk a blow to the flank (Cycling, climbing, contact sports) for three months.
8. Take fiber laxative and stool softener daily until bowel function returns to normal.