

# Chapter 5: Transplant Clinic

## Location and Parking

The Kidney Transplant Clinic is located in the Minneapolis Heart Institute® building, 920 E. 28th St. in Minneapolis. Go to Suite 540 on the fifth floor.

Parking is available in the parking ramps, parking lots and on the street (in designated areas). Valet service is available at the main entrance of Abbott Northwestern Hospital. Security escorts are available to walk you to your car.

## Map

See the Abbott Northwestern Hospital campus map and directions on the next 2 pages.

# Abbott Northwestern Hospital campus map



## Directions to Abbott Northwestern Hospital

### From the east on I-94

Exit I-94 at Cedar Avenue (Exit 234C), turn left. Follow Cedar Avenue (Cedar veers to the right at the traffic lights) to E 26th Street and turn right.

■ **If visiting the Piper Building,** take E 26th Street west. Just past 10th Avenue S, take the first left for Piper parking, located between 10th Avenue S and Chicago Avenue.

■ **If visiting the Heart Hospital or main hospital,** take E 26th Street to Chicago Avenue and turn left. Proceed to E 28th Street and turn left. Turn left again onto the hospital campus.

■ **Leaving the Heart Hospital, main hospital or Piper Building:** Exit the parking ramp or lot, turning left onto 10th Avenue S and proceed to E 26th Street. Turn left onto E 26th Street and proceed to Chicago Avenue. Turn right on Chicago Avenue. Proceed to Franklin Avenue, turn left. Turn right on 5th Avenue. Proceed north on 5th Avenue to I-94 East entrance ramp.

### From the north on I-35W

Exit I-35W at the Hiawatha/Highway 55 Exit (Exit 17A). Follow Hiawatha/Highway 55 to E 26th Street. Turn right onto E 26th Street.

■ **If visiting the Piper Building,** take E 26th Street west. Just past 10th Avenue S, take the first left for Piper parking, located between 10th Avenue S and Chicago Avenue.

■ **If visiting the Heart Hospital or main hospital,** take E 26th Street to Chicago Avenue and turn left. Proceed to E 28th Street and turn left. Turn left again onto the hospital campus.

■ **Leaving the Heart Hospital, main hospital or Piper Building:** Exit the parking ramp or lot, turning right onto 10th Avenue S and proceed to E 28th Street. Turn left onto E 28th Street and follow to Hiawatha/Highway 55. Turn left and proceed to 35W North.

### From the northwest on I-94:

Exit I-94 at the Hiawatha/Highway 55 Exit (Exit 234A). Follow Hiawatha/Highway 55 to E 26th Street. Turn right onto E 26th Street.

■ **If visiting the Piper Building,** take E 26th Street west. Just past 10th Avenue S, take the first left for Piper parking, located between 10th Avenue S and Chicago Avenue.

■ **If visiting the Heart Hospital or main hospital,** take E 26th Street to Chicago Avenue and turn left. Proceed to E 28th Street and turn left. Turn left again onto the hospital campus.

■ **Leaving the Heart Hospital, main hospital or Piper Building:** Exit the parking ramp or lot, turning right onto 10th Avenue S and proceed to E 28th Street. Turn left onto E 28th Street and proceed to Hiawatha/Highway 55, turn left and follow to I-94 West entrance ramp.

### From the west on I-394:

Follow I-394 to I-94 East (Exit 8B). Exit I-94 at the Hiawatha/Highway 55 Exit (Exit 234A). Follow Hiawatha/Highway 55 to E 26th Street. Turn right onto E 26th Street.

■ **If visiting the Piper Building,** take E 26th Street west. Just past 10th Avenue S, take the first left for Piper parking, located between 10th Avenue S and Chicago Avenue.

■ **If visiting the Heart Hospital or main hospital,** take E 26th Street to Chicago Avenue and turn left. Proceed to E 28th Street and turn left. Turn left again onto the hospital campus.

■ **Leaving the Heart Hospital, main hospital or Piper Building:** Exit the parking ramp or lot, turning right onto 10th Avenue S and proceed to E 28th Street. Turn left onto E 28th Street and proceed to Hiawatha/Highway 55, turn left and follow to I-94 West entrance ramp. Follow I-94 West to I-394 West.

### From the south on I-35W

Exit I-35W at the 31st Street/Lake Street Exit (Exit 15). Proceed north on the frontage road (which is S 2nd Avenue). Turn right onto E 28th Street and proceed to Chicago Avenue.

■ **If visiting the Piper Building,** cross Chicago Avenue and turn left on 10th Avenue S (one block beyond Chicago Avenue). Go north on 10th Avenue S to the traffic light at E 26th Street. Turn left, and then immediately turn left again into the Piper Parking Lot.

■ **If visiting the Heart Hospital or main hospital,** cross Chicago Avenue and immediately turn left onto the hospital campus.

■ **Leaving the Heart Hospital, main hospital or Piper Building:** Exit the parking ramp or lot, turning left onto 10th Avenue S and proceed to E 26th Street. Turn left onto E 26th Street and proceed to Chicago Avenue. Turn left onto Chicago Avenue, proceed to E 35th Street, turn right. Proceed over the interstate and turn left immediately to enter the I-35W South entrance ramp.

### From the southeast on Hiawatha/Highway 55

Turn left off Hiawatha/Highway 55 onto E 26th Street.

■ **If visiting the Piper Building,** take E 26th Street west. Just past 10th Avenue S, take the first left for Piper parking, located between 10th Avenue S and Chicago Avenue.

■ **If visiting the Heart Hospital or main hospital,** take E 26th Street to Chicago Avenue and turn left. Proceed to E 28th Street and turn left. Turn left again onto the hospital campus.

■ **Leaving the Heart Hospital, main hospital or Piper Building:** Exit the parking ramp or lot, turning right onto 10th Avenue S. At E 28th Street, turn left. Follow E 28th Street to Hiawatha, turn right.

## Routine Visits

Kidney Transplant Clinic visits are important so the transplant team can check how well your kidney is working, check your overall health, and discuss your questions and concerns.

The number of Kidney Transplant Clinic visits you will have depends on how you are recovering and if you are having problems. Your doctor will decide when you need to go to the Kidney Transplant Clinic and your transplant coordinator will talk with you about the schedule before you leave the hospital.

On days you are scheduled to have your tacrolimus levels drawn, be sure to have your blood drawn before you take your morning medications. This is important to make sure your tacrolimus levels are accurate. Bring your morning medications and breakfast with you. After your blood is drawn, you will be able to take your medications and eat.

**All follow-up visits and lab checks are important. Please keep any appointment, no matter how you feel. If your body is rejecting the kidney, the first signs will show up in the lab results. By the time you don't feel well, the rejection may be severe and more difficult to treat.**

Your transplant coordinator will give you instructions for your first follow-up appointment when you are discharged from the hospital. A list of upcoming appointments will also be given to you before discharge. A general schedule is:

Time After Transplant	Number of Clinic Visits, Lab Draws or Both
discharge to 4 weeks	2 to 3 times a week
4 to 12 weeks	1 to 2 times a week
3 to 6 months	1 time a week to 1 time every 2 weeks
6 to 12 months	1 time a month
1 to 2 years	every 2 months
more than 2 years	every 3 months

**In time, your clinic appointments will be more spread out and less often. It's important to follow your lab schedule. Call your transplant coordinator if you are unsure if you need labs.**

## Labs

- Labs should be done the day of your appointment during the first several months after transplant.
  - When you come in for your appointments only once a year, have your labs drawn a few days before your appointment. Your doctor can talk with you about your results when he or she sees you in the Kidney Transplant Clinic.
- Labs will often include checks of your tacrolimus, cyclosporine and rapamycin levels. Check with your transplant coordinator if you are unsure if a level is being drawn.
  - Your levels should be drawn before your morning dose of medication.
- You may need to give a urine sample at the lab. Check with lab staff before using the bathroom at the lab.
- You may need to have a special test to check your CellCept® (mycophenolate) level. This test requires 3 labs to be drawn on one day. Your coordinator will review this with you in more detail if you will be doing this test.

## Stent and Stent Removal

During transplant surgery, the surgeon placed a small tube called a stent in the donor ureter. The ureter drains urine from the kidney to the bladder. The stent keeps the ureter open to prevent urine from backing up into the transplanted kidney. It also helps support the incision during healing.

Your coordinator will schedule the appointment for the removal and review instructions with you.

Before the stent is removed, you will need to take a preventive antibiotic. Your doctor will prescribe it and your nurse will explain how and when to take it.

The stent removal procedure only takes a few minutes. It is similar to having a Foley catheter inserted.

After the stent is removed, most people do not need another one. If you do, your nephrologist will talk with you about it and answer your questions.

## Unscheduled Hospital Stays or Doctor Visits

If you have a medical emergency and need to stay in the hospital or visit a clinic that isn't your regular one, be sure to tell the health care providers that you have had a kidney transplant.

Let your nephrologist know where you went, why, who you saw, and what happened.

It is important that you have your medical records from these visits sent to the Kidney Transplant Clinic.