

Top Things to Remember After Your Transplant

Medicines

Take your medicines as discussed with your doctor.

The transplant doctors will order anti-rejection medicine they feel will best fit your needs. Do **not** miss any doses.

Do not change your doses, stop or start taking any medicine or supplements without talking with the transplant team.

Labs

- Take a copy of your lab order with you when you go to lab.
- Complete labs as told by your transplant coordinator.
- If you are scheduled to have labs on a holiday, it is okay to have them the next day instead.

Anti-Rejection Medicines Level

Your anti-rejection medicine level is done with your lab draws. It may be done 1-2 times per week.

This level should be drawn **12 hours** after you last took a dose of tacrolimus or cyclosporine. The level should be **drawn 24 hours** after your last dose of Envarsus® or sirolimus.

After you have your labs drawn, you should take your anti-rejection medicines right away.

Home Care

Every day you need to check your weight, blood pressure, pulse, and check for a fever. Please call if you have:

- Fever over 100.5° or 3 degrees above your normal,
- Systolic blood pressure (top number) above _____ or diastolic blood pressure (bottom number) above _____,
- Weight gain of 3 pounds in one day or 5 pounds in one week.

Activity

Don't lift more than 10 pounds (about a full gallon of milk) until your transplant doctor say it's ok.

Walk and use stairs while healing.

Transplant Clinic Visits

Complete labs as scheduled with your visits.

Please bring your record book (vital signs and blood sugars if checking) and a list of all your medicines to all your clinic visits.

We will let you know when you need follow up visits after going home. Please arrange a ride. You **will not** be able to drive post-transplant until cleared by the doctor. Your coordinator will talk to you about your follow-up needs during discharge teaching.

Primary Care Visits

See your primary care provider within 1 month of discharge. You will need to call to schedule this visit. This visit is to review your medicine list and new health concerns (ex: diabetes after transplant). Your primary care team will still help care for your general health and future health care visits. The transplant team and your primary care doctor will work as a team in your care.

Who to Call

Your coordinator: _____

Phone: _____.

Office number is **(608) 263-1384**.

For after-hours transplant questions that can't wait, call **(608) 263-6400** and ask for the transplant nurse on call.

In case of emergency call **911**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 2/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing.