Health Facts for You

UWHealth

Things to Remember After Your Heart Transplant

Take medicines as directed.

- Your anti-rejection medicines and doses will be specific to you. Please take as prescribed.
- It is important you do **not** miss doses of these medicines.
- Do not change your medicine doses or stop taking any medicine without talking with the transplant team.
- Please call the transplant team before starting any new medicines including over-the-counter medicines or supplements. Use a medicine box to help organize your medicines.
- Update your medicine list with any changes. Look at your medicine list, instead of pill bottles when refilling medicine box.
- Allow pharmacy at least 1 week notice for refills.

Labs

- Complete labs as instructed.
- Most patients do not need to withhold food or drink for routine labs.
- Your anti-rejection medicine level is done with your lab draws often. It is best to plan for your labs to include these.
    - 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**: Check your temperature and weight. Call your coordinator if you have:
    - Fever >100.5°F or 3 degrees above your normal.
    - Weight change: 3 pounds in one day or 5 pounds in one week.
- **Twice a day**: Check your blood pressure and pulse. Call your coordinator if you have:
    - Blood pressure is higher than 130/85 more than two readings in a row.
    - If you have blood pressure lower than 90/50 or you have symptoms of low blood pressure such as weakness, dizziness, lightheadedness.
    - Heart rate less than 60 or more than 120 or if the rate is irregular.
- **Activity**: Don't lift more than 8 pounds until your transplant doctors allow. Follow all activity guidelines.

Transplant Clinic Visits

- Complete labs as directed by staff with your appointments.
- **Please bring to all your clinic visits:**
    - Your recorded blood pressure, pulse, weight, blood sugars if checking, and medicine list.
- Please arrange a ride. You **will have driving restrictions** after transplant until cleared by the doctor.
- Your support person is encouraged to participate in follow up visits.

Primary Care Visits

- See your primary care provider within 1 month of discharge. You are responsible for scheduling this.
- Review your medicine list and new health concerns with your provider (ex: diabetes after transplant). Your primary care team will still be responsible for your general health care, health maintenance visits, and diabetes management if needed.
- The primary care, other specialists and transplant doctors will work together as part of your health care team.

Sign Up for MyChart

MyChart is an internet-based service that lets you access your medical and health plan information. **MyChart is not for urgent needs. Messages are reviewed during normal business hours Monday through Friday only.** Call your coordinator for urgent needs or call 911 for emergencies. Call MyChart helpline for log in issues at 1-877-768-0732.

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 © 2/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8396.