

After Your Lung Transplant

What to do at home

This booklet for lung transplant recipients provides spaces for recording daily vital signs. It also gives important phone numbers and other instructions to follow at home.



Sections in this booklet are:

When and Who to Call

Vital Signs Records

Blood Draws and Medicine Changes

Notes

When and Who to Call

When to Call

Call if you have any of these symptoms:

Lungs and Breathing

- Decrease in spirometry (FEV1 of 10% or more from your baseline)
- Shortness of breath
- Coughing or coughing more than usual
- Coughing up blood or green-colored mucus

Overall Health

- Big drop in your energy level
- Symptoms of a cold or flu
- Fever higher than 100.4°F (38°C)

Stomach, Bowel, and Urinary Tract

- Vomiting, or have vomited up your immunosuppressants
- Diarrhea
- Pain in your abdomen
- Pain or burning when you urinate

Skin and Incisions

- Redness or drainage from your wound
- New sores or rashes

Heart and Circulation

- Chest pain
- Sudden change in your blood pressure, with headache, feeling lightheaded or dizzy, or seeing spots
- Sudden change in your heart rate
- Heart rate goes higher than 130 (without exercise) or lower than 60 beats a minute
- Increased ankle swelling, with weight gain

This list does not have every symptom that may occur. If you are unsure about calling us, CALL!

Who to Call

- Weekdays from 8 a.m. to 4 p.m., call the Post-Lung Transplant Coordinator at 206.598.5668. If you reach voicemail, leave a message with your name, phone number, and why you are calling.
- After hours and on weekends and holidays, call 206.598.6190 and ask for the Pulmonary Transplant Fellow on call to be paged. Tell the person who answers that you are a lung transplant patient.

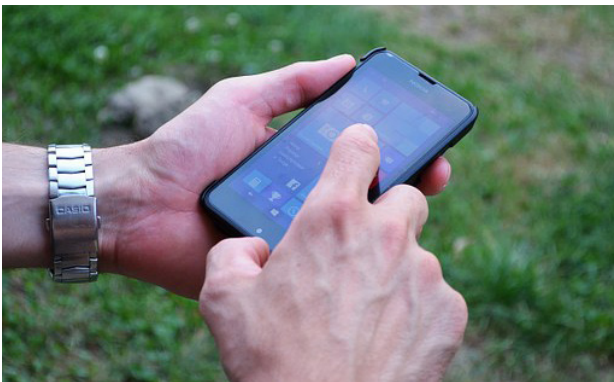
Urgent Care Needs

If you feel you are having a health emergency:

- **Call 911 right away.**
- If you are in the Seattle area:
 - Tell the paramedics to take you to the Emergency Room at University of Washington Medical Center - Montlake, 1959 N.E. Pacific St., Seattle, WA 98195.
 - If you can, have someone call the Post-Lung Transplant office at 206.598.5668 and tell us that you are on your way to the UWMC - Montlake Emergency Room.

Questions and Concerns

For questions about clinic visits, medicine refills, or other concerns, call the Post-Lung Transplant office at 206.598.5668 weekdays from 8 a.m. to 4 p.m.



After Your Lung Transplant

UW Medicine Lung Transplant Program | Box 356175
1959 N.E. Pacific St., Seattle, WA 98195 | 206.598.5668

Helpful Contacts

Before Your Transplant Surgery (Pre-Transplant)

Phone..... 206.598.5277
Fax 206.598.3425
Pre-Transplant Nurse Coordinator Amy Baker, BSN, RN
Taylor Christensen, BSN, RN
Pre-Transplant Program Coordinator Aaron Tran

After Your Transplant Surgery (Post-Transplant)

Phone..... 206.598.5668
Fax 206.598.3856
Email..... uwlungtx@uw.edu
Clinical Nurse Specialist..... Kim Hofman, RN, MN
Post-Transplant Nurse Coordinators.....Katie Gordon, BSN, RN
Joe Lock, RN
Reggie Pope, RN
Katie Ward, BSN, RN
Kim Yeary, MN, RN

Other Contacts

Financial Counseling

Diana Rodriguez..... 206.598.6083
Alan Bang..... 206.598.2855

UW Medical Center

Toll free 800.826.1121
Local 206.598.3300
Paging Operator 206.598.6190
Outpatient Pharmacy 206.598.4363
Parking 206.685.1543
Medical Records 206.744.9000
Lung Testing Center..... 206.598.4265
Social Work and Care Coordination
Angela Wagner, MSW 206.598.2676

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Vital Signs Records

What to Do Every Day

Take Your Medicines

Take your medicines every day at the times listed on your master medicines sheet.

Monitor Your Vital Signs

Record this information on the “Vital Signs” tables on pages 7 and 8:

- **Weight.** Weigh yourself every morning before breakfast. Use the same scale and wear the same amount of clothing every day.
- **Temperature.** Take your temperature every morning and every evening.
- **Pulse.** Take your resting pulse every morning and every evening. Before you take this pulse, sit quietly with your feet flat on the floor for 5 minutes.
- **Blood pressure.** Check your resting blood pressure every morning and every evening. Also check your blood pressure if you have a headache, a dizzy spell, or feel faint. Before you check your resting blood pressure, sit quietly with your feet flat on the floor for 5 minutes.
- **Home spirometry (FEV1 and FVC).** Use your microspirometer to check your FEV1 and FVC every morning and every evening. Do this:
 - When you are dressed comfortably and are fully awake. Do not do this first thing in the morning or last thing at night.
 - After you have taken your pain medicine, if you are taking any.
 - At the same time every day.
 - Using the same method every day. Please ask us if you have any questions.
- **Blood sugar.** If we asked you to monitor your blood sugar, check your levels before each meal and before bedtime. To take insulin, follow the instructions on your medicine sheet. For each blood-sugar check, use the “Vital Signs” table to record your blood sugar.

Vital Signs for Week of _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Weight							
Temperature							
Blood Pressure							
Pulse							
FEV 1							
FVC							
Blood Sugar							
Breakfast							
Lunch							
Dinner							
Bedtime							
Evening							
Temperature							
Blood Pressure							
Pulse							
FEV 1							
FVC							

Vital Signs for Week of _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Weight							
Temperature							
Blood Pressure							
Pulse							
FEV 1							
FVC							
Blood Sugar							
Breakfast							
Lunch							
Dinner							
Bedtime							
Evening							
Temperature							
Blood Pressure							
Pulse							
FEV 1							
FVC							

Vital Signs for Week of _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Weight							
Temperature							
Blood Pressure							
Heart Rate							
FEV 1							
FVC							
Blood Sugar							
Breakfast							
Lunch							
Dinner							
Bedtime							
Evening							
Temperature							
Blood Pressure							
Heart Rate							
FEV 1							
FVC							

**Blood Draws
and
Medicine Changes**

Blood Draws and Medicine Changes

Today's Date	Medicine Changes	Next Labs (Date)	UW	Remote Lab (#s)
			<input type="checkbox"/>	
			<input type="checkbox"/>	
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Notes

Notes



- Know your “baseline” vital signs.**
- Record your vital signs 2 times a day.**

Questions?

Your questions are important. Call the UW Medicine Lung Transplant Team if you have questions or concerns:

Weekdays from 8 am. to 4 p.m.: Call 206.598.5668.

After hours and on weekends and holidays: Call 206.598.6190 and ask for the Pulmonary Transplant fellow on call to be paged.