



UW Medicine

## 复诊及相关的测试

### 肺移植手术后

本讲义解释了肺移植手术后的后续护理。

在患者离开医院后，将由移植专家组成的团队提供护理。肺移植团队将包括下列组员：

- 肺专科医生 (肺部的医生)
- 外科医生
- 肺移植护士协调人员
- 药剂师
- 营养师
- 社工
- 呼吸理疗师
- 最重要的一位；您本人！

肺移植团队的成员将紧密合作，帮助您从移植手术中恢复。我们还将帮助促进您持续的健康。

### 复诊

离开医院后，您需要经常回到华大医疗中心。在最初的 4 至 6 周，每周至少一次复诊及做测试。

在每次门诊前，须先抽血、胸部 X 光检查和肺功能测试（肺活量测定）。这些测试有助于我们了解肺移植手术后的情况。

4 至 6 周后，根据恢复情况，您门诊次数就可能减少。



在您离开医院后的前 4 至 6 周，您将每周来医院复诊一次，包括抽血和门诊。

## 复诊的当天

在您回来复诊时：

- 计划上午大部分时间都在医院。
- 您可以在就诊前进食
- **在抽血之前，不要服用早上的药物（如有需要、可服用止痛药）。**
- 抽血后，照常服用早上的药物

除非我们另行通知，否则您**每次**来看门诊**之前**需做这些检查：

- 抽血化验（"定时"抽血）在三楼门诊抽血处。
- 做胸部 X 光检查(CXR) 在二楼的放射科。
- 肺功能检测（PFT）在五楼肺部检测科。

### 抽血

**应该在前一晚上服用了免疫抑制剂（他克莫司-tacrolimus 或环孢素-cyclosporine）之后 11 小时至 12 小时后抽血。**抽血的时间对准确的结果很重要。例如：如您在晚上 8 点服用晚间免疫抑制剂，您必须在第二天早上 7 点至 8 点之间抽血。

请到三楼门诊抽血处抽血。电脑里已经有您的验血单了。

### 胸部 X-光透视

请到二楼放射科做胸部 X-光透视。您的 X 光医嘱已经在电脑里了。

### 肺功能测试

肺活量检查须知：

- 请准时报到。
- 在预约的时间到五楼“太平洋电梯”对面的肺功能测试部门。
- 请务必将测试结果副本带到复诊的诊室。

为了准时到达肺功能测试的预约时间，可能需要在肺活量测试后，才去做胸部 X-光透视。**但是，您一定要在服用了前一晚上的晚间免疫抑制剂后 11 至 12 小时之间抽血。**

## 门诊

做完各项检测后，即到三楼的医疗专科诊所与肺科医生见面。在这次门诊时：

- 医生会做体检、并评估 X-光透视的报告、血液检测及肺活量测量的报告。
- 移植肺科医生或护士协调员将核对药物清单。
- 我们会根据需要补充处方药。
- 我们将回答关于的健康任何问题。

## 门诊日要携带什么资讯

- 携带体征记录及药物清单来诊所。
- **携带药物。**如检查或就诊时间比预估的时间长，即能够在正确的时间服用药物。
- 带上问题清单，以便向移植团队一一提问。
- 如患有糖尿病或高血糖，请记得带上：
  - 血糖仪
  - 胰岛素
  - 小吃

## 要问的问题

请在这里写下在复诊时要向移植团队提出的问题。来门诊时请将此页带在身上。

---

---

---

---

---

---

---

---

---

---



## Follow-up Visits and Tests

### *After your lung transplant surgery*

*This handout explains follow-up care after your lung transplant surgery.*

After you leave the hospital, a team of transplant specialists will manage your care. Your Lung Transplant Team will include:

- *Pulmonologists* (lung doctors)
- Surgeons
- Transplant nurse coordinators
- Pharmacists
- Nutritionists
- Social workers
- Respiratory therapists
- And, most important of all, you!

Members of the Lung Transplant Team will work closely together to help you recover from the transplant surgery. We will also help promote your ongoing health.

### Follow-up Visits

After you leave the hospital, you will need to return to UW Medical Center (UWMC) - Montlake campus often. You will have follow-up clinic visits and testing at least once a week for the first 4 to 6 weeks.

Right before each clinic visit, you will have a blood draw, a chest X-ray, and pulmonary function testing (spirometry). These tests will help tell us how you are doing after your lung transplant surgery.



*You will come to the hospital for follow-up blood draws and clinic visits once a week for the first 4 to 6 weeks after you leave the hospital.*

After 4 to 6 weeks, your visits may be less often, depending on how your recovery is going.

## On the Days of Your Clinic Visits

On the days of your follow-up visits:

- Plan on being at the hospital for most of the morning.
- You may eat before your clinic visits.
- Do not take your morning medicines (except pain medicines, if needed) until after your blood draw.
- After your blood draw, take your morning medicines as usual.

Unless we tell you otherwise, you will **always** have these tests at UWMC - Montlake **before** you go to the clinic:

- Labs (“timed” blood draw) at Outpatient Blood Draw on the 3rd floor
- Chest X-ray (CXR) at Radiology on the 2nd floor
- Pulmonary function testing (PFT) at Lung Testing on the 5th floor

## Blood Draw

Your blood should be drawn **11 to 12 hours after you take your evening dose of your immunosuppressant** (tacrolimus or cyclosporine). Timing of this blood draw is important for accurate results. For example, if you take your evening immunosuppressant at 8 p.m., you **must** have your blood drawn between 7 a.m. and 8 a.m. the next morning.

For your blood draw, go to Outpatient Blood Draw on the 3rd floor. The orders for your blood tests will already be in the computer.

## Chest X-ray

For your chest X-ray, go to the Radiology department on the 2nd floor. Your X-ray order will already be in the computer.

## Pulmonary Function Testing

For your spirometry test:

- Please be on time for your appointment.
- Go to Lung Testing on the 5th floor, across from the Pacific elevators, at your appointment time.

- Be sure to get a copy of your test results to take with you to the clinic.

To be on time for your Lung Testing appointment, you might need to delay your chest X-ray until after your spirometry. **But, you must always have your blood draw 11 to 12 hours after taking your evening immunosuppressants.**

### Clinic Visit

When you are done with your tests, you will meet with the pulmonologist in the Medical Specialties Clinic on the 3rd floor. During this visit:

- Your doctor will examine you and evaluate your X-ray, labs, and spirometry results.
- The transplant pulmonologist or nurse coordinator will go over your medicine list.
- We will refill your prescriptions as needed.
- We will answer any questions you may have about your health.

### What to Bring on Clinic Visit Days

- Bring your log of vital signs and your medicine list to all your clinic visits.
- **Bring your medicines with you.** If your tests or your visit take longer than you had planned, you must be able to take your medicines at the right times.
- Bring a list of your questions to ask the Transplant Team.
- If you have diabetes or high blood sugar, remember to bring:
  - Your glucometer
  - Your insulin
  - A snack

