



# UW Medicine

## 警告信号

### 在接受肺移植后

本讲义为肺移植患者列出了一些需要打电话给肺移植团队的警告信号

请随时向我们报告您在肺移植后的任何健康变化。如您有任何使您有顾虑的症状，请打电话给我们！

我们希望有问题时能尽早发现。在照顾您和您的新肺方面，没有任何问题是太小的。我们很重视您的健康！

### 何时需打电话给我们

如有下列任何症状请打电话给我们：

#### 肺与呼吸

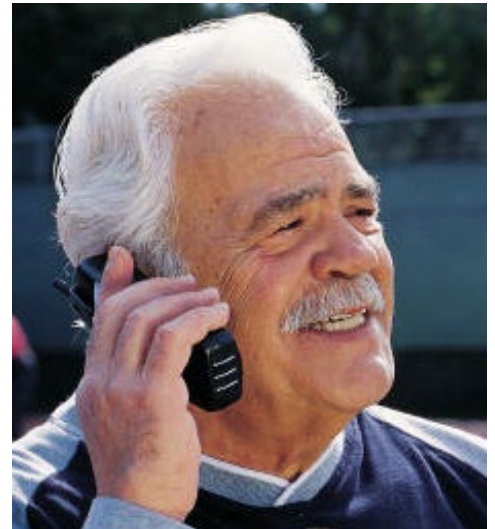
- 肺活量下降（FEV<sub>1</sub> 比基线下降 10%或更多）
- 呼吸急促
- 咳嗽或比平时咳嗽得更厉害
- 咳血或青绿色粘液

#### 一般的健康状态

- 体力水平大幅下降
- 感冒或流感的症状
- 体温高于华氏 100.4 度 (摄氏 38 度)

#### 胃、肠及尿道的问题

- 呕吐, 或将免疫抑制药物吐出
- 腹泻
- 下腹疼痛
- 排尿时疼痛或有烧灼感



如您有本讲义所列举的任何症状，或您有任何不适，请致电肺移植团队。

## 皮肤及伤口

- 伤口发红或流液
- 新发的溃疡或皮疹

## 心脏及循环

- 胸部疼痛
- 血压突然下降或上升，头痛，头晕目眩，或看到斑点
- 心率突然变化
- 心率每分钟高于 130 次（不运动）或低于 60 次
- 脚踝肿胀加剧，同时体重增加

这里并没有列出所有可能出现的症状。**如您不确定是否应该与我们联系，请打电话！**

## 与谁联系

- 上班时间上午 8 点至下午 4:30 请致电移植后护士协调人：  
206.598.5668。如是语音信箱；请留下您的姓名、电话号码及您打电话的原因。

下班后及周末假日：请致电：| 206.598.6190 接通后，请传呼当值的肺科移植医生。**并告诉对方您是肺移植患者。**

## 发生紧急医疗状况时

如您认为有紧急医疗情况时：

- **请即刻拨打 911。**
- 如您在西雅图地区，请救护人员将您送到华盛顿大学医学中心（University of Washington Medical Center）的急诊室。
- 如果可以的话，让人给肺移植后办公室打电话，告诉我们您正在去急诊室的路上。

## 有疑问及顾虑

关于门诊、补药或其他问题，请在上班时间上午 8 点至下午 4 点拨打肺移植后办公室电话 206.598.5668。

### 您有疑问吗？

我们很重视您的提问，您有疑问或顾虑时；请致电华大医学的肺脏移植组：

上班时间上午 8 点至下午  
**4:30**：请致电：  
206.598.5668.

下班后及周末假日：请致电：  
| 206.598.6190 接通后，请  
传呼当值的肺科移植医生。

## Warning Signs

### *After your lung transplant*

*This handout for lung transplant patients lists warning signs that require a call to the Lung Transplant Team.*

Keep us posted about any changes in your health after your lung transplant. If you have any symptoms that concern you, **CALL!**

We want to catch any problems early. No issue is too small when it comes to caring for you and your new lung(s). Your well-being is important to us!

### When to Call

Call the Lung Transplant Team if you have any of the symptoms listed here.

#### Lungs and Breathing

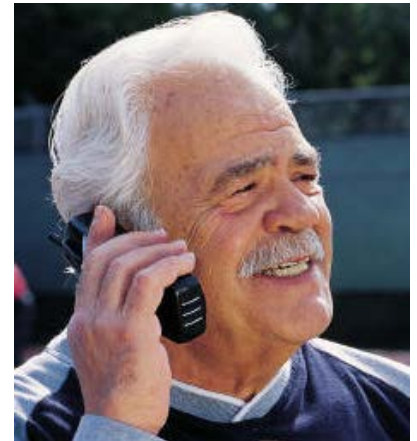
- Decrease in spirometry (FEV1 of 10% or more from your baseline)
- Shortness of breath
- Coughing or coughing more than usual
- Coughing up blood or green-colored mucus

#### 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 you vomited up your immunosuppressive medicines
- Diarrhea
- Pain in your belly
- Pain or burning when you urinate



*Call the Lung Transplant Team if you have any symptoms listed in this handout, or any issues that concern you.*

## Skin and Incisions

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

## Heart and Circulation

- Chest pain
- Sudden drop or rise 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, along 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. Include your name, 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, ask the paramedics to take you to the Emergency Room at University of Washington Medical Center - Montlake.
- If you can, have someone call the Post-Lung Transplant office and tell us that you are on your way to the 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.

### 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 to page the Pulmonary Transplant fellow on call.