

# Post-Liver Transplant Discharge Instructions

Congratulations on your liver transplant! Here is a quick guide with discharge instructions and important information that you will need going home.

## **Liver Institute Phone Number: 214-947-4400**

This number is answered 24 hours a day. During business hours you will be transferred to a surgeon's medical assistant who will triage the call for the coordinator. If the medical assistant is not able to answer your question, they will leave a message for your coordinator to return your call. If the medical assistant is not at her desk, the call center will take a message for your call to be returned.

After hours, weekends and holidays, the on-call transplant coordinator will be called with your number and will return your call in a timely matter.

**Your Coordinator is:** \_\_\_\_\_

**Your Financial Coordinator/Social Worker is:** \_\_\_\_\_

Post-Transplant Clinic is on Monday and Thursday mornings at the Liver Institute, Pavilion III, Suite 268. You will be seen by the surgeons and their Nurse Practitioners for 90 days post-transplant and then you will return to the Hepatologist that cared for you prior to transplant.

You are expected to have your labs drawn on Monday and Thursday mornings before coming to the Liver Institute. Please arrive at the Outpatient Lab located at Methodist Dallas Medical Center Pavilion II, 2<sup>nd</sup> floor between 8-8:30 am to ensure that your labs are drawn before 9 am.

Do not take your medications the morning of you lab draw. Be sure to bring your meds with you so you can take your meds after your labs are drawn.

Please follow your medication list exactly and make changes to it as your post-coordinator instructs you. Always call for a refill when you have one week of medication left.

Remember to record the following in your post-transplant book and bring with you to every clinic appointment

Daily Weight

Blood Pressure – twice a day

Temperature – twice a day

If diabetic - Blood sugars – four times (before each meal and at bedtime)  
and how much insulin you are taking

**\*\*REMEMBER TO HOLD YOUR MEDICATIONS THE MORNING OF LAB DRAW\*\***

Your Follow-Up Appointments are as follows:

**Post-Transplant Labs:**

Every Monday and Thursday beginning on: \_\_\_\_\_

Arrive at 8:00 am - Methodist Dallas Medical Center, Pavilion II, 2<sup>nd</sup> floor

**Liver Institute Follow-Up:**

With Dr. \_\_\_\_\_ on: \_\_\_\_\_

Liver Institute, Pavilion III, Suite 268

**Other Physician Follow-Up Appointments:**

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Your Home Health Care/DME Company is: \_\_\_\_\_

Their phone number is: \_\_\_\_\_

Additional Instructions:

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