LUNG

Transplant Education Book

Texas Children's Hospital
Disclaimer
The purpose of this education book is to give guidelines for pre- and post-transplant care at Texas Children’s Hospital. It does not provide specific medical advice and does not replace medical consultation with a qualified health or medical professional.

Our education book is updated frequently, but with the rapidly changing healthcare system, this information could be out of date and/or contain inaccuracies or typographical errors. Please consult with the transplant team for questions.

Acknowledgments
Transplant Services would like to thank everyone who contributed their time to the development of this patient and family education notebook, both past and present.

In addition to the core team who completed the extensive revisions, this book was made possible by an endowment from the John L. Hern (JLH) Foundation. The mission of the JLH Foundation is to support the financial needs of transplant patients and their families, to promote the need for organ donation and offer support to transplant programs. It is the hope of the transplant team at Texas Children’s Hospital that the information outlined in this book will help you make the best possible decision for your entire family.
Welcome from Texas Children’s Hospital!

Welcome from Transplant Services at Texas Children’s Hospital! You are an essential part of the care team, and we have designed this education book to guide you throughout the transplant process. This book is a resource to assist you, but it will not answer all your questions. You will continue to learn from all the members of the care team throughout the transplant process. Please remember, the medical opinions, techniques, and procedures discussed throughout this book are general statements and recommendations that may vary for each patient. If you have specific questions or concerns related to diagnosis and/or treatment, please speak directly with one of our physicians or transplant coordinators.

Please carry this book to your appointments and bring it to the hospital at the time of your transplant. This book is yours to keep and to refer to at any time. Please write notes in it as you read and learn.

The decision to move forward with transplantation can be difficult. Even though transplant is not a cure, it can give recipients a chance for a near normal life with lifelong medical care. This includes a lifelong need for medication and regular medical follow-up. Choosing transplant requires a long-term commitment from both the patient and family. Transplant recipients require life-long follow-up care by a transplant team and will take medications for the rest of their lives. We recognize that there will be numerous demands placed on your family before and after transplant. All of these new responsibilities can be overwhelming and take an emotional toll on every member of the family. The transplant team at Texas Children’s is committed to working closely with your family in the face of those demands. We want you to feel comfortable with our team as we move forward with the process of transplantation. You are not alone in this process. We are a team!

The gift of a new organ gives our patients a second chance at life and hope for a better quality of life. We look forward to moving through this journey with your family. Our goal is to make the pre-transplant evaluation and transplantation process a positive experience for your family. We have high standards of care for our patients and families. If there is anything additional that we can do to make this a positive experience, please let us know.

Sincerely,
The Texas Children’s Hospital Transplant Team
Table of Contents
Team Contact Information
Overview of the Transplant Process

SECTION 1: ORGAN OVERVIEW
• The Lungs
• Reasons a Transplant May Be Needed
• Common Reasons for Lung Transplantation

SECTION 2: BEFORE TRANSPLANT (PRE-TRANSPLANT)
Why Could a Transplant Be Necessary?
What Are the Steps in the Transplant Evaluation Process?
What Happens During a Transplant Evaluation?
• Meet the Team
• Medical Tests and Procedures
• Compliance Agreement

What Happens After the Evaluation?
• Medical Review Board
• Placement on the Transplant Waiting List
• Not Placed on the Transplant Waiting List
• Your Family’s Part in the Decision

What Is the Organ Donation Process?
What Should You Do While Waiting for a Transplant?
Your Responsibilities While Waiting for a Transplant
• Importance of Communication
• Transportation
• Financial Information and Insurance
• Compliance
• Follow Up
• Emotional Well-Being

Average Waiting Time
Listing Status
Reasons for Removal from the Waiting List
Living in Houston and/or at the Hospital While on the Waiting List
Infection Control
What Do You Need to Know About Medications After Transplant?
Why Is Good Nutrition Important Before the Transplant?
How Active Can a Transplant Candidate Be?
Can Your Family Go on Vacation While on the Transplant Waiting List?
What Should You Know About Research Studies?
How Long Can a Transplanted Organ Last?
Pre-Transplant: Section Quiz Review
Common Questions during the Pre-Transplant Period
Reasons to Call the Transplant Team While on the Waiting List

SECTION 3: THE TRANSPLANT (TRANSPLANT PHASE)
What Happens When You Receive the Call for Transplant?
• If You Are Waiting at Home
• If You Are Waiting in the Hospital
• Dry Run

What Happens Once the Candidate Is Ready for Surgery?
What Happens During the Transplant Surgery?
What Should You Expect After Transplant Surgery?
• Cardiovascular Intensive Care Unit (CVICU)
• Pediatric Intensive Care Unit (PICU)
• Progressive Care Unit (PCU)
• Acute Care Unit
• Returning to a Normal Lifestyle While in the Hospital

What Should You Do for Infection Control After Transplant?
What Are the Activity Restrictions After a Recent Transplant Surgery?
Will You Need Physical or Occupational Therapy after Transplant?
What Are Your Responsibilities After Transplant?
• Parent/Caregiver Responsibilities
• Patient Responsibilities

What Should You Know About Transplant Medications?
What are the Different Types of Transplant Medications?
• Anti-Rejection (Immunosuppressant) Medications
• Corticosteroids
• Medications to Prevent and Treat Infections (Anti-Infection Medications)
• Blood Pressure Medications
• Stomach Acid Reduction
• Immunomodulators
• Vitamins and Supplements
• Diuretics
• Other Miscellaneous Medications
• Over-the-Counter Medications

What Should You Learn About Food and Nutrition?
Is the Compliance Agreement Still in Effect?
What Should You Know Research Studies?
When Should You Contact the Transplant Team?
Transplant Phase: Section Quiz Review
Common Questions in the Transplant Period

SECTION 4: POSSIBLE COMPLICATIONS
• Things to Avoid
• Childhood Diseases/Common Infections
• Types of Rejection
• Other Possible Complications

SECTION 5: AFTER TRANSPLANT (POST TRANSPLANT)
How Long Will You Need to Stay in Houston After Transplant Surgery?
How Often Will the Transplant Recipient Need to Come to Texas Children’s After Transplant?
• Routine Clinic Visits
• Routine Lab Draws
• Procedures and Biopsies

Compliance/Adherence
How Can You Get Transplant Medications?
How Can You Get Transplant Supplies?
What Are the Activity Restrictions After a Recent Transplant Surgery?
Will You Need Physical or Occupational Therapy After Transplant?
What Should You Do for Infection Control Post-Transplant?
How Can You Balance Your Family’s Needs after Transplant?
Do Transplant Recipients Return to School?
How Can Transplant Recipients Have a Healthy Lifestyle?
• Routine Health Care
  - Immunizations
  - Dental Care
  - Skin Care
  - Well-Woman Visits
Food and Nutrition
• Food Safety Guidelines
• Water Safety Guidelines
• Food-Drug Interactions
• Vitamins & Supplements
Outdoor Safety
• Sun Safety
• Exercise
• Bug Safety

How Should You Plan for Travel and Vacation?
How Can Transplant Recipients Be Around Pets Safely?
How Can You Get CPR (Cardiopulmonary Resuscitation) Training?
How Can You Get a MedicAlert Bracelet?
What Should You Communicate to the Transplant Team?
How Does Your Referring Physician Stay Updated?
How Can You Write to the Donor Family?
How Can We Help Adolescent Transition into Adult Care?
Is the Compliance Agreement Still in Effect?
What Should You Know About Research Studies?
Post-Transplant Phase: Section Quiz Review
Common Questions in the Post-Transplant Period
Reasons to Call the Transplant Team After Transplant

SECTION 6: FAQ
Trouble Sleeping
Hair Loss
Bedwetting
Piercings/Tattoos
Tobacco Products
Drugs
Alcohol
Sexual Behavior
Reproduction

SECTION 7: RESOURCES/APPENDICES
Transplant-Related Websites & Organizations
Transplant Fundraising Organization
Books
Housing Resources
Texas Children’s Map and Elevator Directories
Compliance Agreement
Team Contact Information

TRANSLANT COORDINATOR OFFICE PHONE NUMBERS
Clinical Assistant/Scheduling ___________________________ 832-822-1556
Referral Specialist ___________________________ 1-866-683-8032
Transplant Coordinator ___________________________ 832-822-1566
Transplant Coordinator ___________________________ 832-822-1557
Transplant Coordinator ___________________________ 832-822-1558
Transplant Coordinator ___________________________ 832-822-0693
Fax Number ___________________________ 832-825-2570

MONDAY-FRIDAY, 8:00 AM-4:30 PM:
Non-urgent Issues: Contact your transplant coordinator by phone or email.
Urgent Issues: Call 832-824-2099 and request to have your transplant coordinator paged (Toll-free number is 1-800-364-5437). Calls should be returned within 30 minutes. If you do not receive a return call, please try again as technical difficulties do sometimes occur.

AFTER HOURS, WEEKENDS, OR HOLIDAYS
Urgent Issues: Call 832-824-2099 and request to have the transplant physician on call paged (Toll-free number is 1-800-364-5437). Calls should be returned within 30 minutes. If you do not receive a return call, please try again as technical difficulties do sometimes occur.

For a true medical emergency, such as difficulty breathing or change in responsiveness, please call 911.

OTHER MULTI-DISCIPLINARY TEAM MEMBER PHONE NUMBERS
Social Worker ___________________________ 832-824-1954
Child Life Specialist ___________________________ 832-822-3389
832-822-5306
Dietitian ___________________________ 832-822-1031
Financial Counselor ___________________________ 832-822-5529
832-822-4761
Transplant Pharmacist ___________________________ 832-824-5548

OTHER IMPORTANT PHONE NUMBERS
Cardiovascular Intensive Care Unit – Main Desk ___________________________ 832-826-1860
Pediatric Intensive Care Unit – Main Desk ___________________________ 832-824-5952
Pediatric Intensive Care Unit – Waiting Room ___________________________ 832-824-5949
14th Floor Acute Care Unit ___________________________ 832-826-1470
CCC Pulmonary Clinic ___________________________ 832-822-3300
Page Operator (to page a team member for urgent issues) ___________________________ 832-824-2099
Toll-Free Number to reach a Texas Children’s Operator 1-800-364-5437
Chaplain Services are available for inpatients. Please ask your bedside nurse to page them if needed.
Overview of the Transplant Process

- **Referral**
  - Insurance approval evaluation

- **Pre-Transplant**
  - Medical Review Board
  - Insurance approval
  - Waiting list

- **Transplant**
  - Transplant surgery
  - Insurance hospital stay
  - Discharge planning

- **Post-Transplant**
  - Medication adherence
  - Follow-up appointments
  - (local stay required)

- **Long-term Follow-up**
  - Medication adherence
  - Follow-up appointments
  - Healthy lifestyle

Return to Table of Contents
The Lungs

The lungs are one of our most important organs. They have sections called lobes and are protected by the ribs. The lungs bring oxygen into the body.

How the Lungs Work

The lungs bring oxygen into the body by breathing it through the nose, mouth or both and then breathe out gases like carbon dioxide.

The Lungs Have Five Main Parts

• Trachea (windpipe)
• Upper airways (there are 2 that split off of the trachea into each lung)
• Bronchi (large air tubes)
• Bronchioles (small air tubes)
• Alveoli (air sacs)

Reasons a Transplant May Be Needed

Many types of lung disease may lead to end-stage respiratory failure. A lung transplant may be needed if lung disease cannot be improved by medical therapy or surgery. In some cases, the lung disease may also severely affect the function of the heart. The failure of the lungs and/or heart, results in poor quality of life and severely limited life expectancy.

Common Reasons for Lung Transplantation

• Cystic fibrosis
• Idiopathic pulmonary hypertension and other types of pulmonary vascular disease
• Interstitial lung disease
• Pulmonary fibrosis
• Pulmonary hypertension with structural heart defect(s) not amendable to surgical repair
• Surfactant disorders
• Bronchiolitis obliterans, sometimes subsequent to bone marrow transplantation
Why Could a Transplant Be Necessary?
If a medical condition has caused one or more vital organs to fail, transplantation may be an option. A transplant is surgery where an organ that is failing (or has stopped working) is replaced by a healthy donor organ.

What Are the Steps in the Transplant Evaluation Process?
1. When a transplant may be needed, a referral request is sent to our transplant center by a patient family or physician.
2. After your family's insurance approves the evaluation, a member of the transplant team will make contact to schedule the evaluation.
3. An evaluation of the patient will be completed at Texas Children's Hospital.
   - Can be completed inpatient or outpatient.
4. Information from the evaluation will be presented to the transplant center's medical review board where transplant candidacy will be determined.

What Happens During a Transplant Evaluation?
MEET THE TEAM
During the transplant evaluation you will meet the members of the transplant team. The following is a list of people you are likely to meet during the evaluation and their role in the transplant process:

Transplant Physician: Provides medical management of the disease including consideration for transplantation. The transplant physician may have a team member called an Advanced Practice Provider (APP) who is a Nurse Practitioner (NP) or Physician Assistant (PA) who may help with the transplant care. The transplant physician or APP will:
- Discuss treatment options and risks/benefits of transplantation
- Review lab work
- Prescribe medications
- Lead the transplant team
- Review the surgical process
- Answer your questions related to transplantation and the transplant surgery

Transplant Surgeon: Performs the actual transplant surgery and leads the surgical management both pre- and post-transplant. The transplant surgeon will:
- Review the surgical process
- Answer your questions related to transplantation and the transplant surgery
Transplant Infectious Disease (ID) Physician: Reviews medical history and performs a physical examination. The ID physician will:

- Review previous infection history.
- Review immunization records and provide recommendations.
- Provide education on preventing infections.
- Provide guidance on travel safety precautions.
- Develop an antimicrobial medication plan (if needed).

Transplant Coordinator: Is a Registered Nurse (RN) who serves as your initial point of contact for questions related to all phases of transplantation. The transplant coordinator will:

- Coordinate the evaluation.
- Educate you and your family about all aspects of transplant care.
- Provide support throughout pre- and post-transplant.

Transplant Pharmacist: Collaborates with the transplant team in the selection and administration of medication therapy. The pharmacist will review medications with you pre- and post-transplant.

Transplant Dietitian: Performs a complete nutritional assessment of the transplant candidate and works with the physician to develop an appropriate nutritional program pre- and post-transplant.

Transplant Social Worker: Reviews your social situation to ensure there is a good support system for needs pre- and post-transplant. They can assist you in finding resources, programs, and other forms of support as needed.

Transplant Child Life Specialist: Helps you and your family to understand medical procedures pre- and post-transplant using age-appropriate tools and resources.

Transplant Financial Counselor: Verifies your insurance (or other source of payment) includes coverage for a transplant and to assist you and your family in making a plan to cover costs both pre- and post-transplant. The financial counselor will:

- Provide an ongoing review of your insurance benefits.
- Answer financial questions related to insurance coverage or transplant benefits.
- Work with you and the social worker to locate additional resources as necessary.

MEDICAL TESTS AND PROCEDURES
The transplant evaluation helps to determine the most appropriate treatment option. The transplant office will schedule the evaluation and will contact you with the date and time for each test, procedure, and appointment. Tests that may be included in the evaluation for transplant are listed below. Your team will advise you if additional tests may be needed.
<table>
<thead>
<tr>
<th>Name of Test</th>
<th>Explanation of Test</th>
</tr>
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<tbody>
<tr>
<td>24-hour Holter monitor</td>
<td>Records heart rhythm for 24 hours</td>
</tr>
<tr>
<td>Blood tests</td>
<td>Measures the current level of organ function; Identifies blood and tissue types; Screens for other diseases, such as hepatitis, HIV, and some infections</td>
</tr>
<tr>
<td>Bone age</td>
<td>X-ray that evaluates bone age and development</td>
</tr>
<tr>
<td>Bone densitometry (DEXA)</td>
<td>A scan to evaluate bone strength</td>
</tr>
<tr>
<td>Cardiac catheterization (“cath”)</td>
<td>Checks blood flow and pressures in the chambers of the heart</td>
</tr>
<tr>
<td>Computed Tomography Scan (CAT or CT)</td>
<td>This scan shows detailed images of your liver and its blood vessels, and other organs and structures such as lymph nodes. A CAT scan also screens for liver cancer</td>
</tr>
<tr>
<td>Echocardiogram (“echo”)</td>
<td>Evaluates the size and function of the heart</td>
</tr>
<tr>
<td>EKG</td>
<td>Checks the heart rhythm and heart rate</td>
</tr>
<tr>
<td>Physical exam</td>
<td>Process by which a medical professional investigates the body of a patient for signs of disease</td>
</tr>
<tr>
<td>Pulmonary function tests (PFTs)</td>
<td>Measures how much air the lungs can breathe in and breathe out</td>
</tr>
<tr>
<td>Ultrasound</td>
<td>Measures the size and shape of the organs and evaluate the blood vessels using soundwaves</td>
</tr>
<tr>
<td>Urine tests</td>
<td>Tests urine by urinalysis, urine culture and/or a 24-hour urine collection</td>
</tr>
<tr>
<td>X-ray</td>
<td>A picture of bones or other parts inside the body</td>
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**COMPLIANCE AGREEMENT**

A compliance agreement will be discussed with you and your family during the evaluation to ensure that you understand the transplant team’s expectations. Good medical adherence and good communication with your transplant team are an important part of the transplant’s success. For this reason, you and/or your family will be asked to sign a compliance agreement which outlines your responsibilities pre- and post-transplant. Please carefully review this agreement to ensure you understand all of the requirements. The compliance agreement signed during the transplant evaluation covers all phases of the transplant.

Transplant recipients directly contribute to the success of their transplant. Failure to comply with the medical regimen is the number 1 cause of organ failure. Close follow-up with your transplant team and primary-care physician can improve the chances of a good outcome. Careful attention to medication schedules, lifestyle changes, infection-avoidance techniques are all important ways to prolong one’s life after transplantation.

**What Happens After the Evaluation?**

**MEDICAL REVIEW BOARD**

When the evaluation process is completed, a committee, called the Medical Review Board (MRB), will discuss the information obtained during evaluation. The MRB will determine eligibility for transplant. The MRB consists of team members that you met during the transplant evaluation and other health professionals involved in transplant. There are 3 possible outcomes:

1. Accepted/Approved: the candidate’s name will be placed on the United Network for Organ Sharing (UNOS) waitlist for transplant.
2. Denied: the candidate will not be placed on the UNOS waitlist for transplant.
3. Tabled/Deferred: the committee is unable to make a determination to place the candidate on the UNOS waitlist for transplant at this time.

PLACEMENT ON THE TRANSPLANT WAITING LIST
If approved at MRB, the transplant candidate will be listed on the national transplant waiting list when insurance approval is obtained for listing. The timeframe for insurance approval may vary depending on your type of insurance.

NOT PLACED ON THE TRANSPLANT WAITING LIST
These are common scenarios:

- **Tabled:** More tests or procedures are needed before being represented to the MRB. The transplant candidate will not be listed at the present time because he or she does not meet the listing criteria as determined by the MRB.
- **Denied:** The transplant candidate will not be placed on the UNOS transplant waitlist.
  - If the transplant candidate is denied for transplantation, you will be notified why he or she does not meet criteria. If denied, the transplant candidate may be followed by your primary team or may continue to be followed by the transplant team. At a later date, he or she may be referred back to the Medical Review Board to be considered for transplant again.
  - Occasionally, children cannot be accepted for transplant due to other medical problems. Examples of these problems include children deemed too sick for transplant, those with a recent history of cancer, certain blood disorders, etc.

YOUR FAMILY’S PART IN THE DECISION
The decision to move forward with transplantation can be difficult. Even though transplant is not a cure, it can give recipients a chance for a near-normal life with lifelong medical care. This includes a lifelong need for medication and regular medical follow-up. Choosing transplant requires a long-term commitment from transplant candidates and their families. Recipients will require life-long follow-up care by a transplant team and will have to take medications for the rest of their lives. There are numerous demands placed on transplant families before and after transplant. While transplant centers approve or deny a candidate for listing, families also have a decision to make. If a candidate is approved, the family will need to decide if transplant is the best option for them.

What is the Organ Donation Process?
For more information, visit: [www.unos.org](http://www.unos.org)

UNITED NETWORK FOR ORGAN SHARING (UNOS)
The nation’s organ procurement and transplantation network (OPTN) managed by UNOS – a private, non-profit organization. It oversees the different parts of the transplant system. This includes all of the Organ Procurement Organizations (OPOs), transplant hospitals, and histocompatibility labs in the United States.

ORGAN PROCUREMENT ORGANIZATION (OPO) / LIFEGIFT
OPOs coordinate the donation process when a donor is available. Each OPO has a specific geographic area. The OPOs also work to increase the number of registered donors. LifeGift is the local agency responsible for organ donation in this area. We receive organ offers through LifeGift and other OPOs through the national computer system.
PROCESS FOR THE DONATION AND ORGAN DISTRIBUTION

1. **OPO Screens the Donor:** Once a donor family decides to donate the organs of their loved one, the OPO begins the process of evaluating the donor. The OPO reviews:
   - Medical history of the donor
   - Donor blood tests to evaluate organ function and the presence of disease
   - Blood type, tissue type, organ size and condition

2. **OPO Contacts UNOS:** The OPO managing the donor sends this information to UNOS.

3. **UNOS Ranks Recipients:** UNOS generates a list of potential recipients that match the donor. Depending on the organ type, the UNOS computer system ranks transplant candidates by some or all of these factors:
   - Clinical information (age, blood, and tissue type)
   - Waiting time
   - Severity of illness
   - Geographic distance between donor and recipient
   - Size of the donor organ in relation to the recipient

4. **OPO Contacts Transplant Centers:** Organ placement specialists at the OPO or the UNOS Organ Center contact the transplant centers whose patients appear on the local list.

5. **Transplant Center Reviews the Organ Offer:** The results of the donor evaluation are reviewed, and the suitability of this donor for the recipient is determined by a transplant physician and surgeon. To protect the privacy of the donor family, you will be given minimal information about the donor. By policy, the transplant center only has 1 hour to respond.
   **Note:** The candidate may be offered an organ from a donor who meets the Center for Disease Control’s (CDC) high-risk donor criteria. The transplant team will notify you if the organ offered is classified as CDC high-risk and explain risks/benefits of accepting the organ. A special consent accepting the high-risk donor organ will need to be signed prior to transplant.

6. **Transplant Center Accepts or Denies the Organ:** If the organ is not accepted, the OPO continues to offer it for patients at other centers until it is placed.

7. **Transplant Center Contacts Recipient if the Organ Is Accepted.**
What Should You Do While Waiting for a Transplant?

YOUR RESPONSIBILITIES WHILE WAITING FOR A TRANSPLANT
You and your family are important members of the transplant team. The transplant team depends on your family to assist in giving you the best health care possible. The transplant coordinator must know about changes in the transplant candidate’s medical condition. It is your responsibility to call the transplant team. Specific responsibilities are as follows:

<table>
<thead>
<tr>
<th>Importance of Communication</th>
<th>Communication with the transplant team is very important pre- and post-transplant.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact the transplant team immediately:</td>
<td></td>
</tr>
<tr>
<td>• If your health insurance changes.</td>
<td></td>
</tr>
<tr>
<td>- Not telling us promptly can delay evaluation, transplantation, or cause the transplant procedure not to be covered (paid for) by insurance.</td>
<td></td>
</tr>
<tr>
<td>• If your address or phone numbers change. This includes:</td>
<td></td>
</tr>
<tr>
<td>- Home phone</td>
<td></td>
</tr>
<tr>
<td>- Work phone</td>
<td></td>
</tr>
<tr>
<td>- Cell phone</td>
<td></td>
</tr>
<tr>
<td>- Other family member’s phone</td>
<td></td>
</tr>
<tr>
<td>• If on the transplant waitlist, you must notify your transplant coordinator immediately of any change in contact numbers to avoid missing an organ offer.</td>
<td></td>
</tr>
<tr>
<td>• Do not rely on the registration staff to make the changes to your transplant records. Contact your transplant coordinator directly with any information changes.</td>
<td></td>
</tr>
<tr>
<td>• Make sure you can call us at any time by always:</td>
<td></td>
</tr>
<tr>
<td>- Keeping the transplant center’s number with you.</td>
<td></td>
</tr>
<tr>
<td>- Having access to a phone.</td>
<td></td>
</tr>
<tr>
<td>- Making sure your phone can accept calls from an unknown or blocked phone number (Texas Children’s Hospital calls may show up unknown).</td>
<td></td>
</tr>
<tr>
<td>• If you are leaving town, notify your coordinator (BEFORE you leave) of any plans to leave town while the patient is listed, so necessary arrangements may be made in advance. This also holds true after transplant, as we may need to contact you with lab values and medication changes.</td>
<td></td>
</tr>
<tr>
<td>• Changes in medical condition, especially if a hospitalization occurs.</td>
<td></td>
</tr>
<tr>
<td>• Changes to medications, including over-the-counter medications, should be discussed with your transplant coordinator prior to making the change (even if ordered by another physician).</td>
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</table>

| Transportation | You can receive the call for transplant at any time – day or night! You must be able to arrive to the hospital within the timeframe indicated by the transplant coordinator. If a problem with transportation arises at any time while on the transplant waiting list, please contact your transplant coordinator immediately. |
Each transplant candidate’s financial and insurance situation is different based on his or her insurance plan. Please review your insurance plan/co-pay information to ensure medication coverage after transplant. Transplant expenses will last a lifetime and can be expensive. It is the understanding that you will keep insurance and pay for medications. **Immediately notify the transplant team of any insurance changes, as this could effect waitlist status.**

The transplant team will work with you to create a plan for any health needs. It is extremely important for you to follow this plan of care. If you cannot follow the instructions for any reason, you MUST notify the transplant team immediately. A compliance agreement will be discussed with you prior to listing or during any phase of the transplant process if compliance becomes a concern.

The transplant team will determine how often the transplant candidate needs to be seen in the clinic. These visits are important to assess his or her medical condition.

Waiting for transplant can be stressful for you and your family. The transplant team believes in speaking honestly about transplantation and the concerns that you and your family may have. Many sources of support are available (community, on-line) to help you and your family address questions and concerns. It can be comforting and informative to talk with people in a similar situation. Some families are better suited for private counseling, especially when they must deal with very difficult or more personal issues. Please ask your social worker or child life specialist about emotional support options and how to increase coping strategies for your family throughout the transplant process.

**Average Waiting Time**

The waiting period is hard to predict and could take several days, weeks, months, or even years. If your family lives out-of-town, you may be expected to relocate to the Houston area. The wait time depends on his or her listing status, age, size, and blood type. During this time, the transplant team will maintain close contact with you and see the transplant candidate on a regular basis. You can look online at [http://optn.transplant.hrsa.gov/](http://optn.transplant.hrsa.gov/) to view the most up-to-date waitlist information.

**Listing Status**

After a patient is evaluated and found to be a suitable transplant candidate, the patient’s medical information is sent to UNOS for placement on the national lung transplant waiting list. A patient can be listed as 1 of 4 statuses:

**PRIORITY 1**
- Age group: 0-11 year olds
- Reserved for the sickest patients
- Typically hospitalized in a specialty care area of the hospital such as ICU or PCU

**PRIORITY 2**
- Age group: 0-11 year olds
- Less critical/urgent
- Able to be managed outside the hospital
LUNG ALLOCATION SCORE (LAS)
- Age group: 12 years old and older
- Score estimates the severity of illness with chance for survival after transplant
- Scores range from 0-100 and are calculated using this information:
  - Lab values
  - Diagnostic tests
  - Functional status (ability to complete routine care)

STATUS 7 (INACTIVE)
- Temporarily inactive on the transplant waiting list

Common reasons for this status:
- Infections
- Abnormal test results
- Unstable condition
- Changes in insurance (pending authorizations from new carrier)
- Candidates 0-11 years will continue to accrue wait time while status 7

Reasons for Removal from the Waiting List
If the transplant candidate is removed from the waiting list for any reason other than transplant or death, the transplant center must notify your family in writing within 10 days.

Child’s Health Improves: The transplant candidate may be considered “too well for transplant” if health and function improve. He or she can be placed on hold or removed from the list and referred again if health or function declines.

Child’s Health Declines: The transplant candidate may be considered “too sick for transplant.” Transplant shouldn’t be done if he or she may not survive the surgery due to the severity of illness. If health and function improve, he or she may be placed back on the transplant waiting list with team approval.

On Hold: For safety, the transplant candidate may be placed “on hold” for medical concerns such as recent live virus immunizations or signs of a new infection. Another reason someone may be placed “on hold” is due to an insurance lapse or non-adherence to current medical plan.
Living in Houston and/or at the Hospital While on the Waiting List

**Housing**
If you are not from Houston, you may have questions about where to stay in the area.

**HOTELS/MOTELS:**
Many local hotels and motels offer discounts to families of patients in the medical center.

Your social worker has lists available of nearby hotels/motels, the services offered, and estimated rates. You will also want to find out if cooking and laundry facilities are available.

If your family members wish to stay in the area after the transplant, they should make plans to stay in a local hotel, apartment, or guesthouse.

**AT THE HOSPITAL:**
If the transplant candidate is admitted to the general care unit, a family member will be allowed and encouraged to stay in the room. These rooms have a day bed.

Intensive care areas have a waiting room for a family member to sleep (see specific unit info for more detail).

**Planning for Post-Transplant:**
After being released from the hospital post-transplant, your physician will request that you stay nearby for a time period so that the recipient can be closely monitored by the transplant team.

The transplant social worker is available to assist you in making arrangements for housing in the Houston area.

If your family members wish to stay in the area after the transplant, they should make plans to stay in a local hotel, apartment, or guesthouse.

**MEDICAID:**
If you are on Medicaid, the social worker may be of assistance in arranging alternative housing as well.

Many area hotels and the Ronald McDonald House participate in Texas Medicaid’s housing program.

Medicaid may help cover the cost if you need a hotel room while the transplant candidate is in the intensive care unit, after release from the hospital, if it is medically necessary for you to stay in the area.
**Meals**

**IN THE HOSPITAL:**
Patient meals are served at approximately 8:00am, 12:00pm, and 5:00pm.

Meals are not provided to family members.

Sandwiches may be available on request for a parent/caregiver staying at bedside. Your social worker can assist you in accessing this service if needed.

Meals for visitors can be purchased in the Bertner Café (Abercrombie), Texas Children’s Hospital food court (Clinical Care Tower), or Fresh Bistro (the Pavilion for Women).

If on Medicaid, speak with your social worker regarding the meal reimbursement program.

**LOCALLY:**
Numerous grocery stores and restaurants are in the medical center area.

Many local hotels have cooking facilities in the rooms.

If it is approved by a transplant physician and dietitian, you may bring in food from outside the hospital (including restaurant food).

Ask your dietitian any questions you have concerning nutrition or restrictions.

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**Parking**
Parking is available in several Texas Medical Center garages near the hospital or within walking distance. For information on lower cost parking options, please speak with your social worker. Many hotels around the medical center have shuttles available to assist you in coming to and from the hospital.

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**Laundry**
If the transplant candidate is hospitalized, there are coin-operated washers and dryers available on the 16th floor of West Tower. Many hotels have coin-operated laundry facilities on the premises. There are also free-standing laundromats in the area. Ask your social worker if you need additional information.
Infection Control

Before transplant, it is very important to keep the transplant candidate as healthy as possible. That includes limiting exposure to people who are sick. If the candidate develops an infection or cold during the wait for a donor organ, they may be made inactive on the waiting list (will not receive organ offers during the time period they are sick).

We give high doses of immune-suppressing medications at the time of transplant that could allow even a mild infection to become deadly. **Not telling the transplant team about an illness at the time of transplant can be life-threatening.** It is extremely important that you notify the transplant center right away if the candidate develops a fever or any other symptoms of sickness like a runny nose, cough, vomiting, or diarrhea. He or she can be reactivated on the waiting list as soon as the transplant center deems that it is safe for transplant.

WAYS TO LIMIT EXPOSURE TO ILLNESS BEFORE AND AFTER TRANSPLANT:

**Guidelines for Home**

- Do not eat or drink after other people.
- Wash hands frequently with soap and water.
- Keep hands away from your eyes, nose, and mouth unless freshly washed with soap and water (candidate and family members).
- Keep sick visitors away from your home and the transplant candidate.
- If anyone at home becomes sick, have them cover their mouth when sneezing and coughing and wash their hands frequently.
- Keep immunizations up-to-date.
- Please discuss any live virus vaccines with your transplant team, (common live virus vaccines are Varicella, MMR, nasal flu vaccine, etc.), as the candidate may need to be inactivated on the list for a short time after receiving them pre-transplant. See the table of Allowed Immunizations in Section 5 for more details.
  - It is recommended for family members to receive their flu shot annually and stay up-to-date on their immunizations. Check with your transplant team before anyone in your household receives a live vaccine.

**Guidelines for the Hospital**

- Wash hands and always use hand sanitizer on the way in and out of the hospital room (candidate and family members).
- Keep hands away from your eyes, nose, and mouth unless freshly washed with soap and water (candidate and family members).
- Make sure the transplant candidate wears a mask when out of their room (if applicable).
- Keep sick visitors away from the hospital and the transplant candidate.
- Items that fall on the floor must be cleaned prior to patient use.
- Transplant candidates should wear socks or shoes when they are out of the bed.
- Personal items that are washable are preferred. The number and size of stuffed animals should be minimized.
- Potted plants and fresh flowers are not allowed in the Intensive Care Unit or Progressive Care Unit.
Reasons to Call the Transplant Team While on the Waiting List

Transplant candidates may experience acute medical problems while waiting for transplant. In addition, their general medical condition may get worse during the waiting period. Please contact the transplant team about any changes in behavior, appetite, breathing, activity level, any signs of illness, or with questions about your care. This is a list of the most common and most urgent reasons to call the transplant team. For a true medical emergency, such as difficulty breathing or change in responsiveness, please call 911.

### Vital Signs
- Changes in vital signs (blood pressure or heart rate decreases or elevations)
- Heart rate becomes rapid at rest, is irregular, or is pounding
- Difficulty breathing (abdominal breathing, making grunting noises)
- Increased cyanosis (blueness)
- Decreased oxygen saturation level

### Gastrointestinal/Genitourinary Problems
- Increased abdominal size, abdominal pain, or swelling
- Persistent vomiting, diarrhea, or severe abdominal pain
- Vomiting blood
- Blood present in vomit or bowel movement (coffee-ground-like or red vomit; dark tarry or bright red bowel movement)
- Bloody urine
- Decrease in urine output (decreased frequency or amount)
- Difficulty or pain when emptying bladder

### Activity
- Decrease in activity level (not keeping up like normal)
- Decreased exercise tolerance
- Sleeping more than usual
- Decrease in appetite
- Irritability

### Miscellaneous
- Sweating more than usual
- Jaundice (yellowing of the eyes/skin)
- Persistent or severe headaches
- Bloody sputum (mucus)
- Swelling/retaining fluid (if their feet, legs, hands, or eyelids swell)
- If you must leave town for an emergency

### Illness
- Fever of 101° or higher (or extremely low temperatures less than 96°)
- Cough, congestion, or runny nose
- Exposure to chicken pox, shingles, measles, mumps, TB, or hepatitis
- Medication changes, illnesses, or hospitalizations

### Contact Information

**MONDAY-FRIDAY, 8:00 AM-4:30 PM:**

Non-urgent Issues: Contact your transplant coordinator by phone or email.

Urgent Issues: Call 832-824-2099 and request to have your transplant coordinator paged (Toll-free number is 1-800-364-5437). If you do not receive a return call within 30 minutes, please try again as technical difficulties do sometimes occur.

**AFTER HOURS, WEEKENDS, OR HOLIDAYS:**

Non-urgent Issues: Email your transplant coordinator.

Urgent Issues: Call 832-824-2099 and request to have the transplant physician on call paged (Toll-free number is 1-800-364-5437). If you do not receive a return call within 30 minutes, please try again as technical difficulties do sometimes occur.

For a true medical emergency, such as difficulty breathing or change in responsiveness, please call 911.
What Do You Need to Know About Medications After Transplant?

MEDICATION ADHERENCE
Medications are essential to the success of the transplanted organ. Without these medications, the body will reject the new organ. The body’s response to the new organ is to fight it as it would fight a cold or virus. Medications are given to prevent the body from fighting (rejecting) the new organ. The medications must be taken as directed, at the same time every day.

We expect parents/caregivers and the transplant recipient (when age appropriate) to know the medication dose and reason it’s being used. Please be sure to ask questions to better understand any information given to you. Understanding the medications enables you to recognize side effects when they occur. Do not change or stop giving medications unless told to do so by a member of the transplant team.

MEDICATION SCHEDULE
While in the hospital after transplant, a nurse will teach you how to take/give medications. You will be given a schedule for the medications before he or she is ready to go home. Practice keeping the schedule updated and make sure to bring it with you to all appointments.

TYPES OF MEDICATIONS POST-TRANSPLANT
Some of these medications can cause side effects which may require additional medications.

- **Anti-Rejection (Immunosuppressant) Medications**: Anti-rejection medications protect the transplanted organ from rejection by lowering immune response. The transplant recipient will take anti-rejection medications as long as the transplanted organ is functioning. The most commonly used anti-rejection drugs are Prograf® (tacrolimus), Cellcept® (or mycophenolate mofetil), Prednisone, and Sandimmune® (cyclosporine).

- **Medications to Prevent and Treat Infections (Anti-Viral/Anti-Fungal) Medications**: People who take anti-rejection medications will be more susceptible to infection. We use anti-viral or anti-fungal medications to help prevent some of the most common infections.

- **Blood Pressure Medications**: High blood pressure may be a side effect of Prograf®, Sandimmune®, and steroids. It will be important to monitor blood pressure frequently after transplant because there may not be any symptoms of high blood pressure.

- **Vitamins and Supplements/Other Medications**: Medications such as Prograf® can cause abnormal electrolyte levels. Blood tests can be done to check these levels. If low, supplements may be needed.

UNDERSTANDING TRANSPLANT MEDICATIONS
There are a few things you must know about the transplant medications:

- Which medications are anti-rejection medications.
- Which medications need to wait until after labs are drawn.
- What time to give the medications.
- How to give the medications.
- The generic and brand name of each medication.
- Why it is important to use the same brand of medication every month.
- Why each medication is being given.
- The main side effects of the medications.
- Why it is important to take medications as prescribed.
  - You are responsible for giving medications as prescribed.
- You must discuss any medications changes with your transplant physician.
- Use of medications prescribed by outside physicians or obtained over-the-counter must be discussed with and approved by the transplant coordinator/physician.

• No new medications (including over-the-counter medications or herbas) should be started (even if prescribed by another physician) without approval from the transplant team.
- Do not take or use herbal supplements unless approved by your transplant team.
- Herbal supplements can adversely interact with transplant medications.
- Herbal remedies include herbal drugs, herbal teas, essential oils, etc.
• Know to keep at least a two-week supply of medications.

• Know how to get medication refills:
  - When you have refills remaining, contact your pharmacy directly at least 5 days before you run out of medication. If you are having difficulty obtaining medications, you must notify your coordinator well before you run out.
  - When you are out of refills for medications, contact your transplant coordinator at least 5 days before you run out of medication.
  - Coordinators may only refill medications during office hours, Monday through Friday, 8:00am – 4:30pm.
  - No refills will be done after hours, on weekends or on holidays.

GENERAL MEDICATION GUIDELINES
• Take medications at the same time every day.
• Give the exact amount of medication as taught by the transplant team. Do not follow the bottle instructions as changes occur frequently.
  - 1 cc = 1 ml
  - Note: mg does not equal ml.
• Check the expiration date on all medication bottle labels.
• Keep each medication in its own easy-to-read, labeled container. You may organize the medication into a daily/ weekly pill box.
• Keep an updated list of current medications with you at all times.
• Know what each medication is used for and the common side effects.
• If you forget a medication dose, follow these general guidelines, and let your transplant coordinator know about the missed or late dose:
  - Never double up on doses to make up for a missed dose.
  - For medications given once per day, give the dose as soon as you remember.
  - For medications taken two or more times per day:
    • If you remember within 4 hours, give the dose and resume your normal schedule when the next dose is due.
    • If you remember after 4 hours, do not give the dose and resume your normal schedule when the next dose is due.
    • If you are not sure what to do, call the transplant coordinator or physician on call.
    • If you forget any doses of your anti-rejection medications, call your transplant coordinator ASAP. Lab tests may be needed.
• Vomiting around medication time:
  - Vomiting within 30 minutes after medication, repeat the medication dose.
- Vomiting **more than 30 minutes** after medication, **do not** repeat the medication dose **unless** you can actually see tablets/capsules or the color of the liquid medication in the vomit.

- Call the transplant coordinator if vomiting persists.

- When you are out of refills for medications, contact your transplant coordinator at least **5 days before** you run out of medication.

- Coordinators may only refill medications during office hours, Monday – Friday, 8:00am – 4:30pm

- No refills will be done after hours, on weekends or on holidays.

- When you have refills remaining, contact your pharmacy directly at least 5 days before you run out of medication.

- Do not give over-the-counter medications, herbal remedies or food supplements without approval by transplant team. These include aspirin, antacids, cough medications, cold pills, laxatives or herbal remedies (herbal drugs, herbal teas, essential oils, etc).
  - You may give Tylenol® (acetaminophen) per manufacturer dosing instructions for fever or pain.
  - **Never** give medications known as NSAIDs (non-steroidal anti-inflammatory drugs) like Motrin® or Advil® (ibuprofen).
  - Many over-the-counter cold and cough medications are not safe to take with transplant medications.

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**Why Is Good Nutrition Important Before the Transplant?**

Good nutrition is important for everyone, but especially before transplant. It can enhance overall health, promote healing and decreases the probability of post-surgical complications. If the transplant candidate cannot meet his or her nutritional needs through diet alone, nutritional supplements may be prescribed. It may take some time to regain a good appetite after transplant.

A dietitian is available to provide nutrition counseling. He or she can make recommendations to help improve and maintain the transplant candidate's nutritional status throughout the transplant process. The dietitian will offer recommendations appropriate for his or her age, developmental level, and medical status. The dietitian can also give tube feeding and TPN (nutrition given through the veins) recommendations.

The medications taken to prevent rejection after transplant increase risk for diseases such as diabetes, high blood pressure, heart disease and excessive weight gain or weight loss. A dietitian can provide education and written information to help decrease the chance of these complications.

The transplant team recommends a sensible and healthy diet to reduce the risk of damaging the new organ:

- **Drink plenty of water**
- **Eat a variety of foods from the basic food groups: milk, meats, vegetables, fruits, and breads**
- **Eat foods with adequate starch and fiber**
- **Monitor the amount of fat, salt, and sweets, as directed by your physician:**
  - Please read the ingredient labels of the products you purchase at the grocery store

If you have any questions or concerns, please contact the transplant team’s dietitian or let your healthcare provider know you would like to speak to a dietitian.
How Active Can a Transplant Candidate Be?

Although heavy exercise may not be possible (due to condition), it is important to try to maintain or improve current physical condition and stamina. A regular exercise routine is important to overall well-being and should be done under the supervision of the transplant physician.

Transplant candidates may be referred to a physical therapist (PT) or occupational therapist (OT) to help with body conditioning in preparation for transplant. PTs and OTs can help transplant candidates maintain or achieve a healthy and active lifestyle. This will help them be as strong as possible to get ready for transplant.

Some ways PT and OT can help are:

<table>
<thead>
<tr>
<th>Physical Therapy</th>
<th>Occupational Therapy</th>
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<tbody>
<tr>
<td>• Assess strength and endurance</td>
<td>• Feeding</td>
</tr>
<tr>
<td>• Provide education on importance of maintaining mobility and an active lifestyle</td>
<td>• Fine motor skills</td>
</tr>
<tr>
<td>• If outpatient: follow up with home exercise program of therapy services as needed</td>
<td>• Mental developmental</td>
</tr>
<tr>
<td>• If inpatient: provide inpatient therapy services as appropriate</td>
<td>• Strength</td>
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THERAPY AND LUNG TRANSPLANT

The patient will be involved in physical and/or occupational therapy during all phases of transplant (pre-transplant, transplant admission, post-transplant). Physical Therapy aims to address activity tolerance, musculoskeletal imbalances, posture, strength, pain and other factors that limit overall function. Assessment tools will include regular 6-minute walk test to assess cardiovascular endurance, strength testing, and developmental testing determined by age.

PRE-TRANSPLANT THERAPY (INPATIENT AND/OR OUTPATIENT):

- Prepare: achieve optimum strength, endurance, muscle balance, function with sternal precautions, and breathing techniques prior to transplant
- Assist with secretion clearance
- 6-Minute Walk Tests/3-Minute Step Tests
- Energy conservation strategies/rest breaks
- Breathing techniques
- Equipment recommendations (wheel chair, bath chair, O2 management to increase activity if needed)
Can Your Family Go on Vacation While on the Transplant Waiting List?
If your family intends to travel while on the transplant waiting list, always consult with the transplant team before planning to travel. Depending on the area your family will be traveling to, the transplant candidate’s listing status may be placed “on hold” during the trip. Please let the transplant center know if you will be in an area with limited cell phone service prior to travel.

What Should You Know About Research Studies?
Texas Children’s Hospital participates in many research projects in our center and across the nation. Clinical research is the reason that there has been improvement in patient and graft/transplanted organ survivals. Participation in research is voluntary. Parents/Caregivers can participate in a research study. You can choose whether or not to participate in a research study without worry that saying “no” will affect the medical or nursing care the patient receives.

How Long Can a Transplanted Organ Last?
While transplanting a healthy organ to replace a diseased or failed organ can prolong life, transplants do have limits. Please visit http://www.srtr.org/ for current patient and graft (transplanted organ) survival statistics post-transplant and/or ask the transplant team about the specific graft and patient survival rates at your transplant center.

RE-TRANSPLANT: IS IT AN OPTION?
Transplants in children may not last for a lifetime, which might lead to conversation about re-transplantation. Re-transplantation is discussed on a case-by-case basis and due to organ shortage, transplant centers must be thoughtful in their selection for re-transplantation. If re-transplantation is pursued, an entire evaluation must be completed again with thorough investigation into cause of graft (transplanted organ) failure.
Pre-Transplant: Section Quiz Review

1. Who are the members of the Multidisciplinary Team?
   a. Transplant Physician
   b. Transplant Surgeon, Pharmacist, Dietitian
   c. Social Worker, Child Life Specialist, Transplant Coordinator
   d. All of the above

2. The transplant evaluation helps to determine if transplant is a treatment option.
   a. True
   b. False

3. Will you need to sign a compliance agreement?
   a. Yes
   b. No

4. Which of the following must be reported to the transplant coordinator when changes occur?
   a. Insurance
   b. Address
   c. Patient’s condition
   d. All of the above

5. The transplant candidate will be placed on the waitlist if they are approved by the Medical Review Board (pending insurance approval):
   a. True
   b. False

6. Which of the following are ways to limit exposure to illness before transplant?
   a. Wash hands frequently with soap and water or hand sanitizer
   b. Keep sick visitors away
   c. Check with your transplant team regarding immunizations
   d. All of the above

7. Who should you call after hours for any urgent need?
   a. Transplant Coordinator
   b. Page operator for physician
   c. Transplant assistant
   d. Pharmacist

8. I can reach someone from the transplant team 24 hours a day, 7 days a week.
   a. True
   b. False
9. Throughout the pre-transplant process, it is common for patients and families to experience a variety of emotions.
   a. True
   b. False

10. In regards to medications, which of the following is FALSE?
   a. It is important to take medications at the same time every day.
   b. It is important to keep an updated medication list with you at all times
   c. Medication timing is not important, just take them whenever you remember.
   d. You should call for refills at least 5 days before running out.
**Common Questions in the Pre-Transplant Period**

1. **Will the transplant candidate need to be admitted to the hospital for the transplant evaluation?**
   Not necessarily, evaluations can be done on an inpatient or outpatient basis, depending on health status.

2. **Will accommodations be set up for your family during the evaluation?**
   No, if assistance is needed, the transplant social worker can assist you with making those arrangements prior to arriving.

3. **How will you know where to go for the evaluation?**
   Once the evaluation is approved by your insurance company, the transplant coordinator assistant will schedule the appointments. A secure email and Fed Ex shipment will be sent to you with a detailed itinerary that will include appointment times and a map of the hospital.

4. **Will the transplant candidate be placed on the waiting list right away?**
   No, a formal evaluation must be completed. Then, the transplant candidate’s evaluation information will be presented to the Medical Review Board for voting. If approved by the MRB, the transplant center submits financial approval for listing to your insurance. Once insurance approves a candidate to be listed, he or she will be placed on the waiting list.

5. **Can you stay in your hometown while waiting for transplant?**
   When listed for lung transplant, you are required to relocate within one hour of Texas Children’s Hospital.

6. **How often will the transplant candidate be seen in clinic while on the waiting list?**
   Transplant candidates will be seen every week while listed for lung transplant.

7. **If the transplant candidate is fearful of the surgery, what resources are available to help?**
   Child life is available to assist transplant candidates and their families to aid in decreasing fears through written materials, videos, and/or hospital tours. A psychologist is available as needed.

8. **Will the transplant candidate be cured once they receive a transplant?**
   Transplant is not a cure, but it can be a treatment option.

9. **How long will the transplant candidate be on the waitlist?**
    Wait times vary. The average wait time is 3-4 months. This wait time could be shorter or up to a year.

10. **Will meals be provided by the hospital while a candidate is on the waiting list?**
    No, talk with your social worker if you need assistance with resources for meals.
What Happens When You Receive the Call for Transplant?

IF YOU ARE WAITING AT HOME
When a donor organ has been accepted, you will be notified by a member of the transplant team, via phone or pager. This is urgent, and you should respond immediately (within 5 minutes). This call may come at any time, day or night. Please be sure that your pager and/or cell phone are in working order at all times while the candidate is on the waiting list. If you are required to carry a pager, you should test it weekly to verify that it is working and has fresh batteries. It is extremely important to keep the transplant coordinator updated with current contact numbers.

Have a bag packed with the following:
- Clothing
- Medication
- Medical supplies
- Cash
- Education book

When you receive the call, you will be told exactly what to do. You may be told to be on standby at home, or you may be told to come into the hospital immediately depending on your location and timing of the transplant. The transplant candidate will be admitted through the emergency room or the admitting office, depending on the time of day. Don’t forget your packed bag!

Remember: Ask the transplant team member what time the transplant candidate should stop eating and drinking.

After hospital admission for the transplant, you will be very busy. A physician will ask about the candidate’s medical history and perform a physical exam. You or your parent/caregiver will be asked to sign a consent form for the surgery. A physician from the anesthesia department will explain how he or she will give medications to help the patient sleep during surgery. An X-ray, blood and urine tests may be obtained. An IV (a small tube placed in a vein) is placed to allow the patient to receive medications and fluids in preparation for transplant.

IF YOU ARE WAITING IN THE HOSPITAL
If the candidate is already in the hospital when we find out that there is an organ available, we will begin the process of preparing for transplant as if you came in from home. You will be very busy. A physician will ask about the candidate’s medical history and perform a physical exam. You or your parent/caregiver will be asked to sign a consent form for the surgery. A physician from the anesthesia department will explain how he or she will give medications to help the patient sleep during surgery. An X-ray, blood and urine tests may be obtained. An IV (a small tube placed in a vein) is placed to allow the patient to receive medications and fluids in preparation for transplant.

Dry Run Please be aware that the transplant may be cancelled at any time prior to the new organ being placed. This can happen for many reasons such as a change in donor suitability, problems with the donor organ, or weather conditions. This is called a “dry run.”
**What Happens Once the Candidate is Ready for Surgery?**

A parent/caregiver may go from the acute care floor to the operating room (O.R.) holding area with the patient, but they cannot go past the holding area. The candidate will be escorted to the O.R. by the anesthesiologist. A mask that can give oxygen or anesthesia medications will be placed on the patient’s face once in the O.R. Anesthesia medication may also be given through the IV.

Once asleep, a tube (endotracheal tube) will be placed in the windpipe to control breathing during the surgery. An additional tube (central venous catheter or central line) will be placed in a large vein in the neck or shoulder area to help the anesthesiologist give medications and fluids during the transplant. Small plastic tubes (catheters) are placed in the arteries in the wrist to monitor blood pressure continuously. Another tube (Foley catheter) will be placed in the bladder to drain urine.

For patients in the Cardiovascular Operating Room (CVOR), a blue “buzzer” may be issued to you on admission until the patient is out of surgery. You will be assigned a private consultation room when paged on the blue “buzzer” where you and your family will receive updates from the medical/surgery team.

**What Happens During the Transplant Surgery?**

Our procuring surgeon will examine the donor lungs.

- If the lungs are appropriate for transplant, they will notify the transplanting surgeon.
- After confirming that lungs are “good” on visualization, the transplanting surgeon will begin the surgery.
- There are two different types of incisions that are used by the transplanting surgeons.

- **Clamshell (Horizontal):** lungs are put in one at a time
- **Sternotomy (Vertical):** lungs are put in together as a block

- Patient is placed on a heart-lung bypass machine during the surgery. This machine does the work of the heart and lungs while the heart and lungs are stopped for the surgery.
- Both of the old lungs are removed.
- The donor lungs are placed in the chest and surgeons will begin the delicate process of connecting all the airways, veins, and arteries.
- Surgery typically takes 6 to 8 hours, but the patient could be in surgery up to 12 hours.
Communication to parent/guardian during surgery:
- Parents should be given updates approximately every 2 hours by the O.R. team

What Should You Expect After Transplant Surgery?

CARDIOVASCULAR INTENSIVE CARE UNIT (CVICU)
The Cardiovascular Intensive Care Unit (CVICU) is divided on 2 separate floors, the 18th floor and the 15th floor. The 15th floor ICU is dedicated to patients with heart failure or post heart transplant and is called the Heart Failure Intensive Care Unit (HFICU). Lung transplant patients are usually admitted directly to the 18th floor CVICU, but if space is limited, they may be admitted to the HFICU. The medical and nursing teams cover both floors. The length of time the patient will stay in ICU varies. It is determined by the level of care needed, the level of illness before transplant, and the how well the patient progresses after transplant. They will stay in the ICU until they are ready to transfer to the progressive care unit or acute care unit.

Recipients will be on **sternal precautions** for 6-8 weeks after heart transplant. This will help the chest incision heal completely and help prevent injury. Recipients will need help remembering not to pull themselves up with their arms. Your team can help you learn what sternal precautions mean. They can teach patients how to do activities without pushing and pulling with their arms. Recipients will be encouraged to walk as soon as they are able, usually within the first 24 hours.

The goal of the CVICU is to provide a safe, secure and clean environment. The unit guidelines are set forth in order for us to identify family and visitors entering the CVICU and maintain a safe, pleasant and quiet area for families and patients. **Please refer to the CVICU welcome handout for the most up-to-date visitor restrictions and waiting area guidelines.**

On admission, the receptionist will give the 2 primary caregivers a card with the “patient code.” This code must be given to the staff when calling for information about the patient. NO information will be given by phone to anyone other than the primary caregivers.

WAITING AREA GUIDELINES
- Immediate family members, including mothers, fathers, and siblings and/or primary caregivers, should be the only individuals visiting the ICU immediately after transplant.
- Please limit the number of visitors to no more than 6 people in waiting area, including caregivers. If the waiting area is full, you may be asked to use other waiting areas in the hospital. The limit on family members may change.
- All visitors over the age of 18 must have a valid picture ID to visit.
- Siblings under the age of 18 are permitted in waiting area or patient rooms and must be supervised by an adult at all times. No other children under age of 18 are permitted.
- Do NOT reserve seats for family members that are not present in the waiting area. All belongings should be removed when leaving the 17th floor.
- Consultation Rooms are for family updates only. Please limit the number of family members when receiving an update.
- Please be mindful of voices and do not play music in the CVICU nor in the waiting room.
• Food and drinks are not permitted in the waiting room. Eating is limited to the Ronald McDonald Family Room, Food Courts, and Public Waiting Areas. Lights are always on in the Ronald McDonald Family Room, be courteous and refrain from sleeping or lying down in this area.
• After 9pm the waiting room is available for 2 primary caregivers. Additional family members must exit the hospital.
• Caregivers may sleep in the lounge chairs in the waiting area on the 17th floor.
• Blankets and pillows can be obtained from the receptionist starting at 7:30pm and are to be returned in the morning at 8:00am.
  - No personal pillows or blankets for sanitary reasons.
  - If not returned by the designated hour, it will be picked up by staff.
• Lights are turned off from 11pm-7am in the waiting area.
• The Family Restroom has lockers. Locks can be purchased in the gift shop. Lockers are first come first serve and are limited to one per family. Please do not place valuable items in the cabinets found in the waiting area.
• Please clean up after yourself and notify the staff if attention is needed in the waiting room, as we are not responsible for your items.
• Waiting room will be closed every Monday for cleaning between 10am – 12pm. Ronald McDonald Family Room will remain open to visitors.

VISITATION GUIDELINES
• For security purposes the CVICU is “locked down” to visitor access. However, you may visit your child 24 hours a day with the following guidelines:
• ALL visitors including the families of patients on 15 CVICU must check in with the receptionist on the 17th floor before entering the unit daily. Only 2 visitors are allowed to visit the patient at a time.
• Visitor Stickers: Prior to entering the unit, all visitors will be screened daily for signs and symptoms of infection on the 17th floor. After screening a visitor sticker will be issued which must be worn at all times in the hospital.
• The primary caregiver may designate additional people who can visit in their absence between the hours of 9am-9pm.
• After 9pm, an access card is needed to operate the patient elevators between the 18th and 15th floor. Primary care-givers of patients on 15 CVICU are given an access card during the duration of their stay and must be returned when the patient is transferred to a different unit. Primary care-givers of patients on 18 CVICU must return the access card upon daily check-in.
• At any time, the unit may close for emergencies and surgical procedures.
SIBLING VISITATION GUIDELINES

• The bedside nurse must be notified of each sibling visit.
• Siblings under the age of 12 are required to have a scheduled sibling preparation visit with the Child Life Specialist prior to entering the CVICU.
• After the initial preparation, if it is determined that no further Child Life presence is required, documentation will be communicated to the staff.
• Visits should be limited to 30 minutes.
• Siblings may visit 2 times per day between 9am-9pm.
• Additional sibling visits may be discussed on a case by case basis with Nursing Leadership.
• At any time, if needed, the siblings may be asked to leave by the medical staff.

We hope these guidelines will ensure your comfort while you are here and help us in providing a waiting area that will meet the needs of all families and visitors as we care for the patients. We recognize it is a stressful and difficult time. Please let us know if you have other needs or concerns. The receptionist is available to help you with any questions you may have. If we can assist you at any time, please do not hesitate to contact the receptionist. If you need further assistance, have the receptionist contact the nurse manager.

While in the CVICU

Transplant recipients are still quite ill and very at risk for infection. The number of visitors must be minimized to keep infection risk as low as possible. In addition, all visitors must wash their hands thoroughly. Patients need rest and will have plenty of time after going home from the hospital to visit with family and friends. It sometimes works best to assign a family member the job of updating everyone. If you are having difficulty controlling the number of visitors, please ask your bedside nurse for assistance with crowd control.

Visitation guidelines are subject to change for all hospital units based on current infection control needs/rules. Please contact the unit prior to bringing siblings into the hospital to verify that they will be able to visit.
PEDiATRIC iNTENSIVE CARE unit (PICU)

Some lung transplant patients who need extended ICU time after transplant will transfer from CVICU to PICU. The PICU nurses will continue checking vital signs frequently per unit protocol. Along with the PICU nurses and respiratory therapists, there are PICU physicians who work with the transplant team.

Recipients will be on **sternal precautions** for 6-8 weeks after heart or lung transplant. This will help the chest incision heal completely and help prevent injury. Recipients will need help remembering not to pull themselves up with their arms. Your team can help you learn what sternal precautions mean. They can teach patients how to do activities without pushing and pulling with their arms.

*Please refer to handouts from the PICU for the most up-to-date visitor restrictions and waiting area guidelines.*

When visiting the PICU, remember the following:

- Two (2) visitors are allowed at one time.
- Children must be over the age of 12 to visit, unless special arrangements are made in advance.
  - Children under 12 must be prepared by a Child Life Specialist before visiting the PICU.
- Children under the age of 14 are not allowed to stay in the waiting room.
- You must obtain a badge from the receptionist. The badge color will change daily.
- Badges must be returned to the receptionist each time you leave the waiting area, and will be returned when you come back.
- Cell phones not permitted in PICU.
- Go through the washroom and wash your hands at the sink.
- Go straight to your child’s room.
- Usually you can visit any time of the day and night.
- Your child should not have any ill visitors.
- No food or drinks are allowed in your child’s room or the waiting area. There is a kitchenette available for use.
- After 11 pm, there are 2 recliners per family in the waiting room, and the lights are turned down for parents to sleep. Family members can still come in and out of the PICU, but they cannot linger in the waiting room where parents may be sleeping.

While in the PICU

Transplant recipients are still quite ill and very at risk for infection. The number of visitors must be minimized to keep infection risk as low as possible. In addition, all visitors must wash their hands thoroughly. Patients need rest and will have plenty of time after going home from the hospital to visit with family and friends. It sometimes works best to assign a family member the job of updating everyone. If you are having difficulty controlling the number of visitors, please ask your bedside nurse for assistance with crowd control.

Visitation guidelines are subject to change for all hospital units based on current infection control needs/rules. Please contact the unit prior to bringing siblings into the hospital to verify that they will be able to visit.
PROGRESSIVE CARE UNIT (PCU)
The Progressive Care Unit (PCU) is a 36-bed special care unit comprised of step-down ICU patients and patients with care needs preventing them from being admitted to a general inpatient care area. When patients are ready to leave the ICU setting, but still require a higher level of care than the acute care unit provides, they may be transferred to the PCU, which is on the 7th floor of the West Tower. They specialize in tracheostomy care and teaching and care for all types of patients including those who need further telemetry monitoring. Please refer to handouts from the PCU for the most up-to-date visitor restrictions and waiting area guidelines.

The PCU nurses will check vital signs every 4 hours. Along with the PCU nurses and respiratory therapists, there will be PCU physicians who will work with the transplant team. You may recognize some physicians from the ICU as they cover the PCU service too.

A note for parents/caregivers: You will be able to stay all day and night. You will be expected to be involved in your child’s care. As discharge from the hospital gets closer, the nurses will teach you the skills you need to prepare you to care for your child.

Recipients will be on sternal precautions for 6-8 weeks after lung transplant. This will help the chest incision heal completely and help prevent injury. Recipients will need help remembering not to pull themselves up with their arms. Your team can help you learn what sternal precautions mean. They can teach patients how to do activities without pushing and pulling with their arms.

When visiting the PCU, remember the following:
• No one under 14 years of age allowed in unit, unless it is a sibling of the patient
• Family day on Sundays from 1 pm to 5 pm (when not in flu season) where any age is allowed
• Visiting hours are 8 am to 9 pm
• 2 people over the age of 18 are allowed to stay overnight
• No more than 4 people at the bedside at one time (2 caregivers and 2 visitors)
• Please refer to handouts from the PCU for the most up-to-date visitor restrictions and waiting area guidelines.

While in the PCU
Transplant recipients are still quite ill and very at risk for infection. The number of visitors must be minimized to keep infection risk as low as possible. In addition, all visitors must wash their hands thoroughly. Patients need rest and will have plenty of time after going home from the hospital to visit with family and friends. It sometimes works best to assign a family member the job of updating everyone. If you are having difficulty controlling the number of visitors, please ask your bedside nurse for assistance with crowd control.

Visitation guidelines are subject to change for all hospital units based on current infection control needs/rules. Please contact the unit prior to bringing siblings into the hospital to verify that they will be able to visit.
ACUTE CARE UNIT (14T OR 14 TOWER)
14 West Tower is the floor designated as the acute care unit for lung transplant at Texas Children’s Hospital. It is located on the 14th floor of the West Tower. The nurses have additional training regarding care of the pre- and post-transplant child. In addition to the transplant team, residents and medical students will be involved in patient care. Please refer to handouts from 14 Tower for the most up-to-date visitor restrictions and waiting area guidelines.

Your Daily Routine
Throughout the day there will be many activities. The nurses will check vital signs every 4 hours. The respiratory therapist will provide treatments that will encourage deep breathing and coughing. This helps prevent pneumonia. If the patient is unable to get out of bed, they must turn from side to side every 2 hours. Sitting up and walking can help prevent pneumonia and speeds recovery from surgery.

Recipients will be on sternal precautions for 6-8 weeks after lung transplant. This will help the chest incision heal completely and help prevent injury. Recipients will need help remembering not to pull themselves up with their arms. Your team can help you learn what sternal precautions mean. They can teach patients how to do activities without pushing and pulling with their arms.

Check with the transplant team to see if the patient is able to visit the playroom or other activity areas during the post-transplant stay. If they are unable to go to the playroom, Child Life Specialists can bring activities to their room. Requests for activities should be made before 3pm.

Occupational therapists and physical therapists will work with patients to improve strength and activity levels.

While on the 14th floor
Transplant recipients are still quite ill and very at risk for infection. The number of visitors must be minimized to keep infection risk as low as possible. In addition, all visitors must wash their hands thoroughly. Patients need rest and will have plenty of time after going home from the hospital to visit with family and friends. It sometimes works best to assign a family member the job of updating everyone. If you are having difficulty controlling the number of visitors, please ask your bedside nurse for assistance with crowd control.

Visitation guidelines are subject to change for all hospital units based on current infection control needs/rules. Please contact the unit prior to bringing siblings into the hospital to verify that they will be able to visit.
RETURNING TO A NORMAL LIFESTYLE WHILE IN THE HOSPITAL

A note for parents/caregivers: While your child is in the hospital, you should begin the process of returning to a more normal lifestyle. You will be able to stay all day and night. You will be expected to be involved in your child’s care. As discharge from the hospital gets closer, the nurses will teach you the skills you need to prepare you to care for your child.

What Should You Do for Infection Control After Transplant?
The transplant recipient will receive some very strong anti-rejection medications at the time of transplant that lower the body’s ability to fight off infections. Special care must be taken to avoid contact with other people who are sick. Only immediate family members should visit during this time.

Remember, the transplant recipient is highly immunosuppressed after transplant and is at high risk for infection. An infection during this time could be considered life-threatening. Everyone who visits post-transplant must practice good hand washing techniques. Limiting visitors is important, especially in the first 6 months post-transplant.

Any fever, cough, vomiting, rash or mouth lesions should be reported to the transplant physician.

WAYS TO LIMIT EXPOSURE TO ILLNESS POST-TRANSPLANT, WHILE IN THE HOSPITAL:

For parents/caregivers AND patients
• Wash your hands and always use hand sanitizer on the way in and out of the hospital room.
• Keep your hands away from your eyes, nose, and mouth unless freshly washed with soap and water.
• Keep sick visitors away from the hospital.
• Items that “fall” on the floor must be cleaned prior to patient use.
• Personal items that are washable are preferred. The number and size of stuffed animals should be minimized.
• Potted plants and fresh flowers are not allowed in the ICU or PCU.

For the patient
• Wear a mask when out of your room.
• Wear socks or shoes when out of bed.

What Are the Activity Restrictions After a Recent Transplant Surgery?
Transplant recipients:
• Should not lift anything greater than 5 pounds for 6 weeks after surgery.
• Should not perform strenuous activity for 6 weeks after surgery.
• Should avoid pulling or positioning themselves using their arms for 6-8 weeks after surgery.
  - When moving from a lying position, have someone support you behind your back to move to an upright position. Do not pull or push yourself up using your arms.
  - When moving from a sitting position, the patient should use their legs to support their weight.
  - Parent/caregivers should avoid lifting the transplant recipient by picking him or her up under the arms. “Scoop”
the patient for at least 6 weeks after surgery.
• Should not drive for 8 weeks after surgery (if applicable).
• Should check the incision daily. If there is any unusual redness, swelling, pus, drainage, or pain, contact your transplant coordinator:
• Follow the surgery team’s instructions for incision care.
  - Keep the incision clean and dry. Do not apply ointments, lotions, or creams (unless prescribed).
  - May shower and wash the incision only briefly with mild soap and water after the sutures are removed.
  - Should not soak the incision area for at least 4-6 weeks after the surgery when bathing.
  - Should not enter lakes, swimming pools, hot tubs, etc. until complete healing of the wound occurs and there are no more scabs.

Will You Need Physical or Occupational Therapy After Transplant?
PTs and OTs will be involved early after transplant to help get the recipient up and moving. They will assist in achieving independence with normal everyday activities.

Some ways PT and OT can help are:

<table>
<thead>
<tr>
<th>Physical Therapy</th>
<th>Occupational Therapy</th>
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<tr>
<td>Post-op mobility</td>
<td>Feeding</td>
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<td>Getting patients up and walking</td>
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<td>Parent/caregiver/child education</td>
<td>Developmental skills</td>
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<td>Reinforce sternal precautions</td>
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<td>Importance of mobility</td>
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<td>Home exercise program</td>
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<td>Facilitate independence with mobility</td>
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<td>Dressing</td>
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THERAPY AND LUNG TRANSPLANT
The patient will be involved in physical and/or occupational therapy during all phases of transplant (pre-transplant, transplant admission, post-transplant). Physical Therapy aims to address activity tolerance, musculoskeletal imbalances, posture, strength, pain and other factors that limit overall function. Assessment tools will include regular 6-minute walk test to assess cardiovascular endurance, strength testing, and developmental testing determined by age.
**Acute (Inpatient): Post-Transplant**
- Tolerance to sit upright
- Coughing techniques
- Increase ease of bed mobility (helpful hints)
- Education on sternal precautions
- Progressive strength, endurance, mobility including stair negotiation for return to community
- Postural education/muscle re-education
- Rental equipment, if needed

**REHABILITATION**
Occupational and Physical Therapy work closely together and often overlap when addressing rehabilitation needs. The major goal of therapy for transplant recipients is to help them reach their highest level of functioning and independence after transplant surgery.

This involves helping recipients regain strength, range of motion of joints, age appropriate fine and gross motor skills, perceptual skills, and ability to participate in everyday activities. Home programs, caregiver instruction, and referral to community programs are made when needed. Rehabilitation and therapy programs are created based on each patient’s needs.

**What Are Your Responsibilities After Transplant?**

**PARENT/CAREGIVER RESPONSIBILITIES**
- You will be able to resume routine care first - bathing, feeding, teeth brushing, and diaper changes (if applicable). Good hygiene is important following transplant to prevent infection.
- Give a sponge bath every day until the incision is completely healed.
- Do not allow the recipient to scratch or pick at the incision. Keep nails short to prevent skin abrasions from scratching.
- Brush teeth after meals and at bedtime for good dental hygiene.
- Good nutrition helps wound healing and promotes growth. Patients can usually have regular foods or formula after transplant, but the recipient should follow the prescribed diet (if applicable).
- Please ask your nurse if they need to weigh diapers or record the amount of urine before disposal. Monitoring urine amounts is needed for the transplant team to track their fluid balance. You can help by changing the diapers frequently. Children who are toilet trained will need to urinate in a special container for the urine to be measured.
PATIENT RESPONSIBILITIES
There will be several tasks patients will learn and perform in the hospital. Many of these will continue at home. The following tasks would be joint responsibility of the recipient and the parent/caregiver based on recipient age and ability. Some of these tasks are outlined below:

- **Medication Administration** – Take medications as directed. The recipient and the parent/caregiver can work together with the transplant team to learn about the new medications.
  - Learn the name of each new medication and why it’s being used.
  - Learn how the medications should be taken (when, how much to give, and how to give).
  - Practice giving the medications while still in the hospital. Always check the medications with the nurses before you give them while in the hospital.
  - Learn a good routine while in the hospital, because you will be expected to give all medications as prescribed once you go home.
  - Your home medication schedule may be different than the hospital schedule. It will be very important to use the printed medication schedule you were given, every time you give medications.
  - Medication doses may change frequently. Use your printed medication schedule, not the prescription bottles for knowing how much medication to give.
  - Carry the medication schedule with you at all times and bring it to clinic visits.

- **Intake** – Keep a record of what the recipient eats and drinks. This allows the transplant team to monitor fluid balance and calorie intake.

- **Vital Signs**
  - **Body Temperature** – Keep a temperature record. If you don’t know how to take a temperature, someone can teach you. The transplant team can give you a thermometer if needed.
    - Check and record temperature twice daily unless the team changes the frequency.
    - Children under 5 should have their temperature taken in their armpit (axillary).
    - Children older than 5 may have their temperature taken in their mouth (oral).
    - Normal temperature range for all ages is 97° - 99° F.
    - Any time the transplant recipient is ill or feels warm to the touch, check his or her temperature. Check temperature before calling your coordinator.
  - **Blood Pressure and Heart Rate** – Keep a blood pressure (BP) and heart rate (HR) record. If you don’t know how to take a BP and HR, someone can teach you. You will go home from the hospital with a correctly sized BP monitor:
    - The blood pressure monitor will also give you a HR when you check BP.
    - Check and record BP and HR twice daily unless the team changes the frequency.
    - If BP or HR are out of range, call your transplant coordinator!
    - Always check BP/HR BEFORE giving any medications that can affect BP or HR.
    - If BP or HR are out of range, call your transplant coordinator BEFORE giving the BP or HR medications (do not hold anti-rejection medications).
    - If he or she was upset or agitated during the BP check, attempt to recheck once calm.

**POST TRANSPLANT WEEKLY VITALS LOG**

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<th>O2 Sat Am</th>
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Please Mail, E-Mail or Fax a copy of this form to your transplant coordinator:

TRANSPLANT SERVICES  
TEXAS CHILDREN'S HOSPITAL  
6701 FANNIN, MC CC D.670.04  
HOUSTON, TX 77030  
832-825-2570 FAX  
SEND EVERY WEEK!!!
• Always bring the BP/HR record to transplant clinic.

- **Respirations/Oxygen Level** - Keep a respiratory rate (RR) record. If you don’t know how to check a RR, someone can teach you.

- **Oxygen Level** - Keep an oxygen level record. If you don’t know how to check an oxygen level, aka “sat” or “saturation”, someone can teach you. You will go home from the hospital with a monitor to check oxygen level. Normal oxygen level is 93-100%.

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**What Should You Know About Transplant Medications?**

**UNDERSTANDING TRANSPLANT MEDICATIONS**

- You should know a few things about transplant medications:
  - Which medications are anti-rejection medications.
  - Which medications need to wait until after labs are drawn.
  - What time to give the medications.
  - How to give the medications.
  - The generic and brand name of each medication.
  - What each medicine is used for and the common side effects.
  - Why it is important to use the same brand of medicine every month.
  - Why each medication is being given.
  - The main side effects of the medications.
  - Why it is important to take medications as prescribed.

- You are responsible for giving medications as prescribed.
  - You must discuss any medications changes with your transplant physician.
  - You must discuss and get approval from the transplant coordinator/physician before using medication prescribed by a physician who is not part of the transplant team or using over-the-counter medicine.
• Know that no new medications (including over-the-counter medicines or herbals) should be started (even if prescribed by another physician) without approval from the transplant team.
  - Do not take or use herbal supplements unless approved by your transplant team.
  - Herbal supplements can adversely interact with transplant medications.
  - Herbal remedies include herbal drugs, herbal teas, essential oils, etc.
• Know to keep at least a 2-week supply of medications.
• Know how to get medication refills:
  - When you have refills remaining, contact your pharmacy directly at least 5 days before you run out of medication. If you are having difficulty obtaining medications, you must notify your coordinator well before you run out.
  - When you are out of refills for medicines, contact your transplant coordinator at least 5 days before you run out of medicine.
  - Coordinators may only refill medications during office hours, Monday – Friday, 8:00am – 4:30pm
  - No refills will be done after hours, on weekends or on holidays.

GENERAL MEDICATION GUIDELINES
• Take medicines at the same time every day.
• Give the EXACT AMOUNT of medication as taught by the transplant team. Do not follow the bottle instructions as changes occur frequently.
  - 1 cc = 1 ml
  - Note: mg does not equal ml.
• Check the expiration date on all medicine bottle labels.
• Keep each medicine in its own easy-to-read, labeled container. You may organize the medication into a daily/weekly pill box.
• Keep an updated list of current medications with you at all times.
• If you forget a medication dose, follow these general guidelines, and let your transplant coordinator know about the missed or late dose:
  - Never double up on doses to make up for a missed dose.
  - For medications given once per day: give the dose as soon as you remember.
  - For medications taken two or more times per day:
    · If you remember within 4 hours, give the dose and resume your normal schedule when the next dose is due.
    · If you remember after 4 hours, do not give the dose and resume your normal schedule when the next dose is due.
    · If you are not sure what to do, call the transplant coordinator or physician on call.
    · If you forget any doses of your anti-rejection medications, call your transplant coordinator ASAP. Lab tests may be needed.
  - Vomiting around medication time:
    · Vomiting within 30 minutes after medicine: repeat the medication dose.
    · Vomiting more than 30 minutes after medicine: Do not repeat the medication dose unless you can actually see tablets/capsules or the color of the liquid medication in the vomit.
    · Call the transplant coordinator if vomiting persists.
• When you are out of refills for medicines, contact your transplant coordinator at least 5 days before you run out of medicine.
Coordinators may only refill medications during office hours, Monday – Friday, 8:00am – 4:30pm.
- No refills will be done after hours, on weekends or on holidays.

- When you have refills remaining, contact your pharmacy directly at least 5 days before you run out of medication.
- Do not give over-the-counter medications, herbal remedies or food supplements without approval by transplant team. These include aspirin, antacids, cough medicines, cold pills, laxatives or herbal remedies (herbal drugs, herbal teas, essential oils, etc.).
- You may give Tylenol® (acetaminophen) per manufacturer dosing instructions for fever or pain.
- Never give the transplant patient medications known as NSAIDs (non-steroidal anti-inflammatory drugs) like Motrin® or Advil® (ibuprofen).
- Many over the counter cold and cough medications are not safe to take with transplant medications.

What are the Different Types of Transplant Medications?

There are 4 types of transplant medications: anti-rejection (immunosuppressant) medications; medications to prevent and treat infections (anti-viral/anti-fungal) medications; blood pressure medications; and other medications including vitamins and supplements.

ANTI-REJECTION ( IMMUNOSUPPRESSANT) MEDICATIONS

Anti-rejection medications protect the transplanted organ from rejection by lowering the transplant recipient's immune response. The most commonly used anti-rejection drugs are: Prograf® (tacrolimus), Cellcept® (mycophenolate mofetil), and Orapred® (prednisolone) or prednisone. The transplant recipient will take anti-rejection medications for life. The transplant recipient may experience some side effects with some of these medications. The dose may be decreased over time after surgery, depending on his or her condition, which may help decrease the side effects. All of the following drugs are associated with an increased risk of infection and an increased incidence of cancer. Other common side effects of each drug are listed below.

Prograf® (Tacrolimus)

Available formulations: capsule, compounded liquid

Purpose
Tacrolimus is an immunosuppressive medication. It helps prevent rejection by suppressing the immune system.

When to Give
Tacrolimus must be taken at the same times every day to help keep a constant level of medication in the blood. The transplant recipient will be given 2 doses each day; the first dose in the morning (9:00am) and the second dose 12 hours later (9:00pm).

How to Give
The transplant recipient should take consistently, either with or without food, to minimize variability of the medication in the blood.

If the transplant recipient can swallow pills, he or she will swallow the appropriate number of capsules as directed by the transplant team. If the transplant recipient is taking the compounded liquid, you will be taught by the transplant pharmacist to draw up the correct amount using a syringe. Shake the bottle well before drawing up the dose.

It is ideal to stick with just one brand or manufacturer of this medicine. If your pharmacy dispenses tacrolimus from a different manufacturer from the one you were using previously, please contact your transplant coordinator to discuss need for more frequent follow-up labs.
What to do on Lab Draw Days
The transplant recipient will be having blood drawn regularly to check the level of tacrolimus in their blood.

Tacrolimus levels need to be drawn 30 minutes before the next dose. If the dose is due at 9:00am, a tacrolimus trough should ideally be drawn at 8:30am.

Please arrive at the lab 30 minutes before the lab draw (or 8:00am in this example) in case there is a line at the lab. On days of lab work, bring medications with you to the lab so you can give the tacrolimus dose after the blood has been drawn.

When to Call the Transplant Team
If the transplant recipient has vomiting and/or has diarrhea, notify the transplant team. When the recipient has diarrhea, the body will either not absorb enough or absorb too much of the tacrolimus. If not enough medicine is absorbed, rejection can occur. If too much of the medicine is absorbed it can lead to high blood pressure and kidney damage.

Food and Drinks to Avoid
Transplant recipient should not have grapefruit, pomegranate, starfruit, Seville oranges (used to make marmalade), Noni fruit or juice. Remember that juices/sodas that contain any of these foods as they can interfere with the levels of tacrolimus. These foods can interfere with the absorption or the breakdown of tacrolimus and may cause high levels that can lead to toxic side effects.

Medications to Avoid
Any antibiotics should only be given after interactions have been checked by the transplant team. Some of these medications can interfere with the absorption or the breakdown of tacrolimus and may cause high levels that can lead to toxic side effects. Do not give the recipient any over-the-counter medicines not approved by the transplant team or transplant pharmacist, unless they are on an approved over-the-counter medication list.

Common Side Effects
- High blood pressure
- Tremors
- Decrease in kidney function
- Abdominal discomfort/nausea
- Headaches
- Elevated blood sugar
- Decreased magnesium level in blood
- Seizures

Neoral®, Gengraf® (Cyclosporine Modified);
Sandimmune (Cyclosporine Non-modified)
Available formulations: capsule, liquid

Purpose
Cyclosporine is an immunosuppressive medication. It helps prevent rejection by suppressing the immune system.

Cyclosporine is available as 2 forms: a modified form (Neoral® or Gengraf®) or non-modified (Sandimmune®). Modified forms (Neoral or Gengraf) are not interchangeable with non-modified forms (Sandimmune®).
When toGive
Cyclosporine must be taken at the same times every day to help keep a constant level of medication in the blood. The transplant recipient will be given 2 doses each day; the first dose in the morning (9:00am) and the second dose 12 hours later (9:00pm).

How to Give
The transplant recipient should take consistently, either with or without food, to minimize variability of the medication in the blood.

If the transplant recipient can swallow pills, they will swallow the appropriate number of capsules as directed by the transplant team. If the transplant recipient is taking the compounded liquid, they will be taught by the transplant pharmacist to draw up the correct amount using a syringe. Shake the bottle well before drawing up the dose.

The liquid suspension should be given using the oral syringe provided. Do not administer the liquid in a plastic or Styrofoam cup. The liquid can be mixed with a small amount of orange or apple juice in a glass container. Rinse the container with extra juice and have the transplant recipient drink the rinse to ensure the entire dose was given.

What to Do on Lab Draw Days
The transplant recipient will be having blood drawn regularly to check the level of cyclosporine in their blood. Cyclosporine levels need to be drawn 30 minutes before the next dose. If the transplant recipient dose is due at 9:00am, a trough should ideally be drawn at 8:30am.

Please arrive at the lab 30 minutes before the lab draw (or 8:00am in this example) in case there is a line at the lab. On days of lab work, bring medications with you to the lab so you can give the cyclosporine dose after the blood has been drawn.

When toNotify the Transplant Team
If the transplant recipient has vomiting and/or has diarrhea, notify the transplant team. When the transplant recipient has diarrhea, the body will either not absorb enough or absorb too much of the cyclosporine. If not enough medicine is absorbed, rejection can occur. If too much of the medicine is absorbed it can lead to side effects.

Food and Drinks to Avoid
Transplant recipient should not have grapefruit, pomegranate, starfruit, Seville oranges (used to make marmalade), Noni fruit or juice. Remember that juices/sodas that contain any of these foods as they can interfere with the levels of cyclosporine. These foods can interfere with the absorption or the breakdown of cyclosporine and may cause high levels that can lead to toxic side effects.

Medications to Avoid
Any antibiotics should only be given after interactions have been checked by the transplant team. Some of these medications can interfere with the absorption or the breakdown of cyclosporine and may cause high levels that can lead to toxic side effects. Do not give any over-the-counter medicines not approved by the transplant team or transplant pharmacist, unless they are on an approved over-the-counter medication list.

Common Side Effects
• High blood pressure
• Tremors/shaking of hands and/or feet
• Decrease in kidney function
• Abdominal discomfort/nausea
• Headaches

• Elevated blood sugar
• Decreased magnesium level in blood
• Seizures
• Increased body hair
• Increased growth of gum tissue
**Rapamune® (Sirolimus)**

**Available formulations:** tablet, liquid

**Purpose**
Sirolimus an immunosuppressive medication. It helps prevent rejection by suppressing the immune system. This medication is used in special circumstances. It is not the first drug of choice to help prevent rejection.

**When to Give**
Sirolimus must be taken at the same time every day to help keep a constant level of medication in the blood. It is typically taken once daily. The timing of this dose will be determined by the transplant team and Transplant Pharmacist.

If the transplant recipient is also taking cyclosporine, sirolimus must be taken at least 4 hours after the cyclosporine dose.

**How to Give**
The transplant recipient should take consistently, either with or without food, to minimize variability of the medication in the blood.

If the transplant recipient can swallow pills, they will swallow the appropriate number of capsules as directed by the transplant team. If the transplant recipient is taking the compounded liquid, they will be taught by the transplant pharmacist to draw up the correct amount using a syringe. Shake the bottle well before drawing up the dose. The liquid can be mixed with a small amount of only water or orange juice.

**What to Do on Lab Draw Days**
The transplant recipient will be having blood drawn regularly to check the level of sirolimus in their blood. Sirolimus levels can be drawn anywhere from 30 minutes to 4 hours prior to administration.

On days of lab work, bring medications with you to the lab so you can give the sirolimus dose after the blood has been drawn.

**When to Notify the Transplant Team**
If the transplant recipient has vomiting and/or has diarrhea, notify the transplant team. When the transplant recipient has diarrhea, the body will either not absorb enough or absorb too much of the sirolimus. If not enough medicine is absorbed, rejection can occur. If too much of the medicine is absorbed it can lead to side effects.

**Food and Drinks to Avoid**
Transplant recipient should not have grapefruit, pomegranate, starfruit, Seville oranges (used to make marmalade), Noni fruit or juice. Remember that juices/sodas that contain any of these foods can interfere with the levels of sirolimus. These foods can interfere with the absorption or the breakdown of sirolimus and may cause high levels that can lead to toxic side effects.

**Medications to Avoid**
Any antibiotics should only be given after interactions have been checked by the transplant team. Some of these medications can interfere with the absorption or the breakdown of sirolimus and may cause high levels that can lead to toxic side effects. Do not give the transplant recipient any over-the-counter medicines not approved by the Transplant Team or Transplant Pharmacist, unless they are on an approved over-the-counter medication list.

**Common Side Effects**
- High blood pressure
- Mouth ulcers
- Swelling of the arms, leg, and/or face
- Increased cholesterol & triglyceride levels
- Low red blood cell count
- Impaired wound healing
**Cellcept®, Myfortic® (Mycophenolate)**

**Available formulations:** tablet, liquid

**Purpose**
Mycophenolate is an immunosuppressive medication. It helps prevent rejection by suppressing the immune system.

**When to Give**
Mycophenolate must be taken at the same times every day to help keep a constant level of medication in the blood. If the transplant recipient is taking this medication, he or she will be given two doses each day; the first dose in the morning (9:00am) and the second dose 12 hours later (9:00pm).

**How to Give**
It may be taken with food to decrease stomach upset.

**What to do on Lab Draw Days**
The transplant recipient may have blood drawn regularly to check the level of mycophenolate in their blood.

Mycophenolate levels need to be drawn 30 minutes before the next dose. If the dose is due at 9:00am, a trough should ideally be drawn at 8:30am.

Please arrive at the lab 30 minutes before the lab draw (or 8:00am in this example) in case there is a line at the lab. On days of lab work, bring medications with you to the lab so you can give the mycophenolate dose after the blood has been drawn.

**Common Side Effects**
- Nausea/vomiting/diarrhea
- Stomach pain
- Low white blood cell count
- Low red blood cell count

**Precautions**
Mycophenolate may cause severe birth defects or pregnancy loss.

Males/Females who are sexually active must use 2 effective birth control methods (e.g. birth control pills and condoms) before starting therapy, during therapy and for a time period after the medication has been stopped. It is very important to discuss the most effective birth control methods with your physician.

Females: should use 2 contraceptive precautions (such as birth control pills and condoms) before, during, and for 6 weeks after the medication has been stopped.

Males: sexually active men are recommended to use condoms before treatment, during treatment, and for at least 90 days after the medication has been stopped. Female partners of male patients are also recommended to use highly effective contraception before, during treatment, and for 90 days after the last dose.

Pregnant caregivers: should avoid inhalation or direct contact with the powder inside the capsule or suspension (it should not be administered by pregnant women if possible).
CORTICOSTEROIDS

Orapred® (Prednisolone); Deltasone® (Prednisone)
Available formulations: tablet, liquid

Purpose
Prednisone or prednisolone are corticosteroids and at certain dosages they help prevent the transplant recipient from rejecting the new organ. In addition, they affect the salt and water balance of the body, and the breakdown of fat, protein, and glucose in the body.

When to Give
Corticosteroids should be given once daily in the morning unless otherwise directed by the transplant team or transplant pharmacist.

How to Give
Giving a corticosteroid with food or milk makes it less irritating to the stomach.

Common Side Effects
- Round face
- Stomach upset
- Weight gain
- Fluid and salt retention (swelling)
- Mood swings
- Acne
- Increased appetite
- Bone loss (loss of calcium from bones)
- Easy bruising
- Blurry vision
- Cataract formation
- Elevated blood sugar
- Poor height/growth

MEDICATIONS TO PREVENT AND TREAT INFECTIONS (ANTI-INFECTION MEDICATIONS)

Anti-rejection medications make transplant recipients more susceptible to infection. These infections are usually caused by overgrowth of organisms that normally live in the transplant recipient’s body. We use anti-viral, anti-bacterial, and anti-fungal medications to prevent some of the most common infections. Anti-infection medications are typically needed for at least 6-12 months after transplant, some patients may need to take these medications for a lifetime.

Bactrim®, Sulfatrim® (Sulfamethoxazole-Trimethoprim)
Available formulations: tablet, liquid

Purpose
Bactrim is a sulfa-containing antibiotic. It is used to prevent a type of pneumonia (lung infection) known as pneumocystis pneumonia (PJP).

Common Side Effects
- Sensitivity to sunlight (wear full-coverage clothing and sunscreen)
- Decrease in kidney function
- Low white blood cell count
- Rash
- Nausea/Vomiting

If a decrease in white blood cells or allergy occurs, the medication may be decreased or discontinued. Encourage the transplant recipient to take with a glass of water.
NebuPent® (Pentamidine)
Available formulations: inhaled solution

Purpose
Pentamidine is an alternative medication for Bactrim®. It is given as an inhaled treatment every month in the Pulmonary Clinic.

Common Side Effects
• Allergic reaction
• Blurred vision
• Chest pain or irregular heart beat
• Difficulty breathing
• Dizziness, confusion, fainting spells, or excessive tiredness

Valcyte® (Valganciclovir)
Available formulations: tablet, liquid

Purpose
Valganciclovir is an antiviral drug that may be used to prevent or treat a virus called Cytomegalovirus (CMV).

Common Side Effects
• Headache
• Stomach upset
• Sensitivity to sunlight (wear full-coverage clothing and sunscreen)
• Kidney stones
• Decrease in kidney function
• Low white blood cell count

Precautions  Valganciclovir may cause severe birth defects or pregnancy loss. Males/
Females who are sexually active must use 2 effective birth control methods (e.g. birth control pills and condoms) before starting therapy, during therapy and for a time period after the medication has been stopped. It is very important to discuss the most effective birth control methods with your physician.

Females: should use 2 contraceptive precautions (such as birth control pills and condoms) before, during, and for 30 days after the medication has been stopped.

Males: sexually active men are recommended to use condoms before treatment, during treatment, and for at least 90 days after the medication has been stopped. Female partners of male patients are also recommended to use highly effective contraception before, during treatment, and for 90 days after the last dose.

Pregnant caregivers: should avoid inhalation or direct contact with the powder inside the capsule or suspension (it should not be administered by pregnant women if possible).
Cytogam® (Cytomegalovirus Immune Globulin)
Available formulations: intravenous

Purpose
This medication can be used in the prevention of CMV by giving anti-CMV antibodies. It is given within the first 72 hours of transplant. The remaining infusions will occur in a specific sequence post-transplant. The infusion takes approximately 4 hours and the transplant recipient will be monitored during each infusion.

Most patients will be pre-medicated with Benadryl® (diphenhydramine) and Tylenol® (acetaminophen) to reduce the risk of side effects.

Common Side Effects
- Fever and chills
- Muscle cramps
- Back pain
- Nausea and vomiting
- Wheezing
- Drop in blood pressure

Mycostatin® (Nystatin)
Available formulations: liquid

Purpose
Nystatin prevents and treats thrush, which is a fungal infection of the mouth.

How to give
Nystatin should be taken after meals and before bedtime. It should be swished and swallowed, or brushed inside the mouth with a soft toothbrush. For best results, the medication should be held in the mouth as long as possible. Do not let the transplant patient eat or drink anything for 15-30 minutes after taking it. The medicine needs to coat the inside of the mouth to be effective – do not give through Nasogastric Tube (NGT) or G-tube. Remember that good oral hygiene is important in preventing mouth infections.

Vfend® (Voriconazole)
Available formulations: tablet, liquid

Purpose
Voriconazole is used to treat or prevent fungal infections. This medication may affect the way that tacrolimus is metabolized. Therefore, tacrolimus (or other transplant medications) will be adjusted to compensate for this when voriconazole is started or stopped.

How to Give
Voriconazole should be taken with food to increase absorption.

Common Side Effects
- Vision changes
- Rash
Decrease in kidney function
Photosensitivity (rash, sunburn caused by sun exposure)
- Recipients taking voriconazole should wear full coverage clothing and sunscreen if in the sun.
- Recipients who are on voriconazole for longer than 1 year should see a dermatologist annually for an exam.

Precautions  Voriconazole has a major impact on blood levels of immunosuppressant medications (ex: tacrolimus). It should never be started or stopped without clear instructions from the transplant team.

BLOOD PRESSURE MEDICATIONS
High blood pressure may be a side effect of Prograf®, Sandimmune®, and corticosteroids. Listed below are the names and side effects of medications used in the treatment of high blood pressure. The transplant recipient may not have any symptoms of high or low blood pressure or may not complain of dizziness or headache. Therefore, it is essential that you check their blood pressure twice daily prior to giving any medications that may treat high blood pressure or as directed by your coordinator. When necessary, you will be provided with a digital blood pressure cuff upon discharge and given guidelines as to when the blood pressure reading is considered high. If the transplant recipient’s blood pressure falls outside of the provided range, you will need to contact your coordinator. A daily log of the transplant recipient’s blood pressure readings should be kept and brought to clinic appointments.

Norvasc® (Amlodipine)
Available Formulations: tablet, compounded liquid

Purpose
Amlodipine is a medication used to treat high blood pressure.

Food and Drinks to Avoid
Do not give the transplant recipient grapefruit, pomegranate, starfruit, Seville oranges (used to make marmalade), Noni fruit or juice. Remember that juices/sodas that contain any of these foods as they can interfere with amlodipine.

Common Side Effects
• Decreased blood pressure
• Dizziness
• Swelling
STOMACH ACID REDUCERS

Zantac® (Ranitidine), Prevacid® (Lansoprazole), Nexium® (Esomeprazole)
Available formulations: tablet, liquid

Purpose
These medications reduce stomach acid and are often used in patients with acid reflux disease. It is important that the patient is taking a stomach acid reducer while they are prescribed corticosteroids (i.e. prednisone, prednisolone) in order to protect their stomach from damage and to prevent abdominal pain.

When to Give
These medications should be given before meals.

Common Side Effects
• Headache
• Diarrhea
• Nausea
• Stomach pain

IMMUNOMODULATORS

Zithromax® (Azithromycin)
Available formulations: tablet, liquid

Purpose
Azithromycin is commonly used as an antibiotic, but it has also been shown to help prevent inflammation.

Common Side Effects
• Stomach upset
• Diarrhea

Statin: Lipitor® (Atorvastatin)
Available formulations: tablet

Purpose
These medications are used to lower bad cholesterol and increase your good cholesterol. In transplant patients, it is used to protect blood vessels in the organ and prevent a special type of rejection (for heart and lung transplant patients).

Common Side Effects
• Stomach upset
• Muscle cramps

Return to Table of Contents
VITAMINS AND SUPPLEMENTS
Electrolyte, vitamin, and mineral levels may be checked after transplant, and if levels are low the transplant recipient may need to take additional supplements.

Magnesium Supplements: Magnesium Gluconate, Magnesium Oxide
Available formulations: tablet, capsule, liquid

Purpose
Magnesium is important for many functions of the body. A magnesium supplement may be needed to treat low magnesium levels due to wasting of magnesium found with Prograf® (tacrolimus) administration.

How to Give
If possible, separate magnesium by at least 2 hours from Cellcept® (mycophenolate) and 1 hour from phosphorous supplements.

Common Side Effects
• Diarrhea
• Facial flushing

Potassium Supplements: Potassium Chloride
Available formulations: tablet, capsule, liquid

Purpose
Potassium is needed to help cells grow and for your muscles to function properly. Potassium supplements come in various forms.

Common Side Effects
• Diarrhea

DIURETICS
Lasix® (Furosemide)
Available formulations: tablet, liquid

Purpose
Furosemide will help remove excessive fluid in the body by causing increased urination, which may help reduce blood pressure. Follow a low-salt diet to prevent fluid retention.

Common Side Effects
• Muscle cramps
• Headache
• Low potassium level
• Sensitivity to sunlight (wear full-coverage clothing and sunscreen)
OTHER MISCELLANEOUS MEDICINES:

**Ursodiol**

*Available formulations:* tablet, capsule, compounded liquid

**Purpose**

Ursodiol increases the solubility of bile, allowing it to freely flow through the biliary tree.

**Common Side Effects**

- GI upset
- Metallic taste

OVER-THE-COUNTER MEDICATIONS

Do not give over-the-counter medications, or food supplements without speaking to the transplant team, unless they are on an approved over-the-counter medication list. These include aspirin, antacids, cough medicines, cold medicines, laxatives or herbal drugs. Many medicines contain drugs that cause high blood pressure. Do not take any of these medicines without first checking with the transplant coordinator or transplant pharmacist. Herbal supplements can adversely interact with transplant medications. **Do not take herbal supplements unless first discussed with your transplant coordinator or transplant pharmacist.** Herbal remedies include herbal drugs, herbal teas, essential oils, etc.

What Should You Learn About Food and Nutrition?

**Food Safety Guidelines**

After transplant, recipients will be immunosuppressed. Children who have a transplant are at risk for foodborne infections, just like they are at risk for other infections. Foodborne illness or infections are often called food poisoning. Food poisoning can occur after eating raw or undercooked food. After transplant it is very important to practice good hand hygiene when cooking or eating food and to avoid food that is raw or undercooked. Your transplant dietitian will be able to provide more education on specific foods to avoid to prevent foodborne illness and safe cooking practices.

*See food & water safety guidelines in the post-transplant section*

**Food/Drug Interactions**

Do not give grapefruit, pomegranate (or juices that contain either one), starfruit, Seville oranges (usually found in marmalade) or Noni juice as these foods can interfere with the levels of Prograf® (tacrolimus) and cyclosporine. Additionally, any antibiotics should only be given after interactions have been checked by the transplant team. These foods and medications can interfere with the absorption or the breakdown of Prograf® (tacrolimus) and cyclosporine and may cause high levels that can lead to side effects.

**Vitamins and Supplements**

Sometimes electrolyte levels may be altered after transplant. Electrolytes may need to be replaced with medication. Vitamin and mineral levels may also be checked after transplant, and if levels are low, recipients may need to take additional supplements. Your transplant team will tell you which supplements to take if needed. Herbal supplements can adversely interact with transplant medications. Do not take herbal supplements unless first discussed with your transplant coordinator or physician. Herbal remedies include herbal drugs, herbal teas, essential oils, etc.
Is the Compliance Agreement Still in Effect?
Good medical adherence and good communication with your transplant team are an important part of the transplant’s success. The compliance agreement you signed during transplant evaluation is for all phases of transplant (pre-transplant, during the transplant hospitalization, and post-transplant).

What Should You Know About Research Studies?
Texas Children’s Hospital participates in many research projects in our center and across the nation. Clinical research is one of the main reasons that there has been improvement in patient and graft/transplanted organ survivals. Participation in research is voluntary. Parents/caregivers can participate in a research study. You can choose whether or not to participate in a research study without worry that saying no will affect the medical or nursing care the patient receives.
Transplant Phase: Section Quiz Review

1. How can you make sure you are ready to get the call for transplant?
   a. Be prepared for the call at any time, day or night
   b. Keep your cell phone and/or pager charged and in working order at all times
   c. If you have a pager, you should test it weekly to make sure it’s functioning properly
   d. Have a bag packed with clothing, medication, medical supplies, and cash for miscellaneous items
   e. All of the above

2. What should you do when you receive the call that an organ is available?
   a. Panic
   b. Follow the instructions the transplant coordinator gives you
   c. Go eat a big meal
   d. Take a nap

3. Can the transplant be canceled once the transplant candidate is called in to the hospital?
   a. Yes, the transplant could be cancelled at any time prior to the new organ being placed.
   b. No, once the candidate is called in to the hospital, it’s a sure thing.

4. To prepare for transplant, the team will do the following: Obtain the candidate’s height and weight; order an X-ray and lab tests; start an IV (if one isn’t already in place); and the surgeon and anesthesiologist will come and ask you to sign a consent for the surgery.
   a. True
   b. False

5. While the patient is in the Intensive Care Unit (ICU), there is a limit of 2 visitors at a time. It is important that you limit visitors as much as possible to reduce the patient’s risk for getting an infection.
   a. True
   b. False

6. You should review unit visitation policies before allowing any children to come to the hospital, to make sure they are allowed to visit that unit.
   a. True
   b. False

7. Once the patient is transferred to an acute care floor, how often are vital signs checked?
   a. Twice a day
   b. Every 4 hours
   c. Once a day
   d. Never
8. Which of the following are ways to limit exposure to illness after transplant?
   a. Wash hands frequently with soap and water or hand sanitizer
   b. Keep sick visitors away
   c. Keep your hands away from your eyes, nose, and mouth unless freshly washed with soap and water.
   d. All of the above

9. What are some common activity restrictions after transplant?
   a. The recipient should not enter lakes, swimming pools, hot tubs, etc. until incisions have completely healed and there are no remaining scabs.
   b. No driving for 6-8 weeks following surgery (if applicable)
   c. No lifting anything heavier than 5-6 pounds for 6-8 weeks following surgery
   d. All of the above

10. All family members should receive the flu vaccine annually.
    a. True
    b. False

11. You will be taught how to check vital signs and record them on a log sheet.
    a. True
    b. False

12. In regards to transplant medications, which of the following is FALSE?
    a. Medication timing is not important, just take them whenever you remember
    b. It is important to take medications at the same time every day
    c. It is important to keep an updated medication list with you at all times
    d. You should call for refills at least 5 days before running out

13. Should any medications be started or stopped without talking to a transplant team member (whether prescribed by another provider or bought over the counter)?
    a. No. Contact the transplant team prior to starting or stopping any medications
    b. Yes. I can do whatever I want

14. The following are types of medications the transplant recipient may be on:
    a. Anti-rejection medications
    b. Anti-infection medications
    c. Blood pressure medications
    d. All of the above
15. Due to interactions with medications, some fruits and their juices to avoid are:

a. Grapefruit, Pomegranate
b. Grapefruit, Pomegranate, Starfruit, Seville Oranges (Marmalade), or Noni juice
c. Seville Oranges (Marmalade), Bananas, Grapefruit, Pomegranate, Oranges
d. Starfruit, Grapefruit
Common Questions in the Transplant Period

1. **How long can parents/caregivers stay with the transplant candidate before surgery?**
   Parents/caregivers can stay with the candidate until they leave the operating room holding area.

2. **If the transplant candidate is fearful of the surgery, what resources are available to help?**
   Child life is available to assist transplant candidates and their families in decreasing fears through written materials, videos, and/or hospital tours. A psychologist is available as needed.

3. **What do transplant recipients look like after the surgery?**
   They will have an incision (that may be covered by a dressing) where their transplant surgery occurred. They will be attached to several machines after the surgery. They will have multiple wires/cables that help the care team monitor vital signs. They will have several types of tubes that were placed in the O.R.

4. **When can you see the patient after the surgery?**
   After surgery, the patient will be moved to the recovery room or be moved straight to the ICU. Once the team has transferred the patient to the new area, they will let you know when it’s ok to visit.

5. **How long will the patient be in the hospital after transplant?**
   Average length of stay is 14 days, but can vary depending on complications and severity of illness prior to transplant.

6. **How long will the transplant recipient be on medications after transplant?**
   Almost all transplant recipients remain on medications for the rest of their lives. Some patients are able to be placed on fewer medications over time.

7. **How will you know what medications to give once out of the hospital?**
   The transplant team will create a medication schedule for you to follow. You will be taught about each medication and how to give it.

8. **What if a transplant recipient vomits after taking his or her medications?**
   **WITHIN** 30 minutes after medication: repeat the medication dose.

   **MORE THAN** 30 minutes after medication: DO NOT repeat the medication dose UNLESS you can actually see tablets/capsules or the color of the liquid medication in the vomit.

   Call the transplant coordinator if vomiting persists.

9. **Will the patient be cured after receiving a transplant?**
   Transplant is not a cure, but it can be a treatment option.

10. **When will follow up be needed after leaving the hospital?**
    You are required to live in the Houston area for 3 months post-transplant. Follow-up visits will be very frequent once discharged from the hospital. Appointments will be spaced out gradually over time as your comfort level increases, and you heal from the surgery.
## When Should You Contact the Transplant Team After Transplant?

### Vital Signs
- Changes in vital signs (blood pressure or heart rate decreases or elevations)
- Heart rate becomes rapid at rest, is irregular, or is pounding
- Difficulty breathing (abdominal breathing, making grunting noises)
- Increased cyanosis (blueness)
- Decreased oxygen saturation level

### Gastrointestinal/Genitourinary Problems
- Increased abdominal size, abdominal pain, or swelling
- Persistent vomiting, diarrhea, or severe abdominal pain
- Vomiting blood
- Blood present in vomit or bowel movement (coffee ground-like or red vomit; dark tarry or bright red bowel movement)
- Bloody urine
- Decrease in urine output (decreased frequency or amount)
- Difficulty or pain when emptying bladder

### Activity
- Decrease in activity level (not keeping up like normal)
- Decreased exercise tolerance
- Sleeping more than usual
- Decrease in appetite
- Irritability

### Miscellaneous
- Sweating more than usual
- Jaundice (yellowing of the eyes/skin)
- Persistent or severe headaches
- Bloody sputum (mucus)
- Swelling/retaining fluid (if feet, legs, hands, or eyelids swell)
- If you must leave town for an emergency
- Prior to having any dental work done, including routine cleaning (antibiotics may be needed)

### Illness and Medication
- Fever of 101° or higher (or extremely low temperatures less than 96°)
- Cough, congestion, or runny nose
- Exposure to chicken pox, shingles, measles, mumps, TB, or hepatitis
- Redness or drainage in or around incision or any open wound
- If a dose of medication is missed
- Difficulty obtaining medications (notify team BEFORE supply will run out)
- Before starting any new medications (including over the counter medications)
- If a doctor tells you to change or stop a medication (ask the transplant team before making the changes)
- Medication changes, illnesses, or hospitalizations

### Contact Information

**MONDAY-FRIDAY, 8:00AM-4:30PM:**
**Non-urgent Issues:** Contact your transplant coordinator by phone or email.
**Urgent Issues:** Call 832-824-2099 and request to have your transplant coordinator paged (Toll-free number is 1-800-364-5437). If you do not receive a return call within 30 minutes, please try again as technical difficulties do sometimes occur.

**AFTER HOURS, WEEKENDS, OR HOLIDAYS:**
**Non-urgent Issues:** Email your transplant coordinator.
**Urgent Issues:** Call 832-824-2099 and request to have the transplant physician on call paged (Toll-free number is 1-800-364-5437). If you do not receive a return call within 30 minutes, please try again as technical difficulties do sometimes occur.

For a true medical emergency, such as difficulty breathing or change in responsiveness, please call 911.
Section 4
Possible Complications

This section will help you understand some possible complications that could occur after transplant. Our goal is for transplant recipients to have a full life, including the opportunity to go to school and enjoy recreation. To accomplish these goals, we suggest some reasonable measures that will control exposure to infectious agents without severely limiting their lifestyle. Please call the transplant office if the recipient gets sick. The team will determine if the recipient needs to come in or have tests.

Things to Avoid
• Hay
• Compost piles
• Bat caves
• Duck or bird stools
• No cleaning of a litter box or after any animal
• Construction sites
• Avoid campfires and smoke
• Certain animals like reptiles, birds, etc. See pets recommendations in Section 5 Post Transplant
• Discuss swimming activities and locations with the transplant team

Childhood Diseases/Common Infections

VIRAL RESPIRATORY INFECTION:
• We may recommend testing for certain viruses.
• Viral testing is not typically done in a non-transplant setting.
• Most of these viruses will NOT cause significant problems and many are not treatable.
• Some are potentially dangerous but are treatable like influenza, RSV and adenovirus.
• Antiviral therapies work best when they are started early in the course of an infection.
• If fever, nasal congestion and cough begin over the weekend, notify the transplant center right away! Do not wait until Monday.
• Flu (influenza)
  - General information
    • Caused by a virus.
    • Recipients should obtain flu vaccine every year.
  - Signs and symptoms
    • Fever
    • Cough
    • Sore throat
    • Runny nose
    • General muscle aches
  - Treatment
    • A medicine can be started to help lessen flu symptoms if started in the first 48 hours of illness.
CHICKENPOX (VARICELLA)

• General information
  - Common childhood disease.
  - Can develop at any age, but occurs more frequently from ages 5 to 10 years.
  - Can be a serious illness for the immunosuppressed transplant recipient that can cause complications or death in severe cases.

• How it is spread
  - Spread through the air or by close contact with someone who has the virus.
  - Contagious for 2 days before the rash occurs and until all the pox have developed a scab (usually 6 days after the rash appears).
  - If exposed, he or she could develop chickenpox anywhere from 14 to 21 days following exposure (the incubation period).

• Signs and symptoms
  - Often begins with a fever and dry cough.
  - Splotchy rash may begin on the head and spread downward, or on the trunk and spread outward.
  - Rash consists of small, watery blisters with red rings around them.
  - A person with chickenpox feels very ill for a few days.
  - The rash may be altered in appearance because of the Varicella-Zoster Immune Globulin (V-ZIG) injection or immunosuppressant drugs.

• Prevention
  - Please tell your friends and family, classmates, and teachers about the danger of chickenpox.
  - Ask them to call you if any child is exposed or gets chickenpox. We have found that most people are sympathetic to your situation and are willing to cooperate. Even with precautions, your child may be exposed.

• What to do if a transplant recipient is exposed
  - If you come into contact with someone who breaks out with chickenpox within 24-48 hours, call your transplant coordinator immediately.
  - You will need to have a V-ZIG injection within 3 days of exposure. The injection may not prevent chickenpox, but may lessen the severity of it.
  - If the recipient still gets chickenpox even after the V-ZIG
    • He or she may need to be hospitalized and started on Acyclovir.
    • Usually a 10-14 day hospital stay until all lesions are crusted over.

SHINGLES (VARICELLA)

• General Information
  - Caused by a reactivation of the same virus that causes chickenpox (Varicella).
  - When the virus is reactivated, it will cause an outbreak of shingles. You can get chickenpox when exposed to the drainage from these lesions.

• Signs and Symptoms
  - One to three days before rash appears symptoms may include: pain, tingling, and burning on the side of the chest, neck, forehead, back, hip, or leg.
  - Rash and sores appear in clusters of blisters.
  - You will no longer be contagious when all lesions are scabbed over.

• Treatment
  - Contact the transplant team immediately – see “chicken pox” for treatment.
CYTOME GALOV IRUS (CMV)

• General information
  - CMV is a member of the herpes virus group.
  - Can cause serious illness in organ transplant recipients.
  - The second most common infection among lung transplant recipients, after bacterial pneumonia.
  - Viral levels can be checked by blood test and are ordered routinely before transplant and as needed as part of lung transplant follow-up.

• How it is spread
  - Virus can come from an infection you had before transplant that comes back due to immunosuppression.
  - Virus can come from your donor.
  - Virus can come from an outside source.

• Signs and symptoms
  - Headaches
  - Fatigue
  - Aching
  - Fever
  - Swollen glands
  - Diarrhea
  - Pneumonia

• Prevention
  - Practice good hand washing.
  - Do not share drinks.
  - Once CMV is in your body, you have it for life.
  - It can reoccur.
  - We can give medicines to help prevent CMV infection.
  - Younger children are more likely to spread the virus. Keep this in mind in daycare settings and for recipients with younger siblings.
  - If the transplanted lungs are CMV (+), or the recipient is already CMV (+) they will receive prophylactic treatment in the first 3 months to 1 year post-transplant.
  - There are 2 types of treatment/prevention medications
    - Ganciclovir (IV) / Valcyte (oral): This medication is used for the treatment and prevention of CMV. You will take this medication for the first 3-months if you receive a CMV (+) organ or if blood tests are CMV (+) prior to transplant.
    - Cytogam (IV only): This medication is used in the prevention of CMV by giving anti-CMV antibodies. It is given within the first 72 hours of transplant. Six more doses will be given at scheduled intervals over approximately 12 weeks. It will be given at a separate appointment in the infusion center. The infusion takes approximately 4 hours and the recipient will be monitored during each infusion. Recipients will only receive this medication if they receive a CMV (+) organ or if blood tests are CMV (+) prior to transplant. Your coordinator will remind you each time a dose is due.
EPSTEIN-BARR VIRUS (EBV)

- **General information**
  - EBV is a member of the herpes virus group.
  - Can cause serious illness in organ transplant recipients.
  - EBV is common in the community and causes mononucleosis; also known as “the kissing disease.”
  - Viral levels can be checked by blood test and are ordered routinely before transplant and as needed as part of lung transplant follow-up.

- **How it is spread**
  - Virus can come from an infection the patient had before transplant that comes back due to immunosuppression.
  - Virus can come from the donor.
  - Virus can come from an outside source with intimate contact.

- **Signs and symptoms**
  - Extreme fatigue
  - Fever
  - Sore throat
  - Swollen glands (lymph nodes)

- **Prevention**
  - Practice good hand washing.
  - Do not share drinks.
  - Once EBV is in your body, you have it for life.
  - It can reoccur.

- **Treatment**
  - Medications can be given as a precaution/preventative or for confirmed infection.
  - Medications are available in IV and oral form depending on severity of illness.
  - Immunosuppression doses may need to adjusted with guidance of the transplant team.

- **Complication of EBV: Post-Transplant Lymphoproliferative Disease (PTLD)**
  - EBV has been linked to a rare complication called PTLD.
  - PTLD can be serious or fatal.
  - Complication of chronic immunosuppression in organ transplant patients.
  - It is a cancer of the lymphocytes that is caused by the EBV virus in patients on anti-rejection medications
  - Treated by decreasing anti-rejection medications, antiviral medications, surgical removal, or chemotherapy/radiation if necessary.

BK VIRUS

- **General information**
  - Occurs in many people.
  - Resides in the kidneys and urinary tract for life.
  - Causes problems only in immunosuppressed people.

- **Symptoms**
  - First symptom: blood in the urine.

- **Tests**
  - Check blood and urine for the BK virus.
• **Treatment**
  - Sometimes treated with a medicine called Ciprofloxacin (or an antiviral medication).
  - Lower level of immunosuppression medicine on individual basis.
  - Immune system recovery is the most successful way to fight off the virus.

**Types of Rejection**
Rejection is the body’s normal reaction to something it thinks does not belong there. The immune system keeps you healthy. It works by protecting the body from attack by foreign things like germs (bacteria or viruses) and cancer cells. The transplant recipient’s immune system will try to reject the new organ because it recognizes that the new organ is different from the rest of the body. Transplant recipients take immunosuppressant medications for the rest of their lives to prevent rejection of the transplanted organ. Rejection is more likely in recipients who miss medication doses. Taking medication as prescribed consistently will help prolong the life of the transplanted organ.

Episodes of rejection following lung transplantation can occur at any time, but is most common during the first year. Some children may experience an episode of rejection that may respond to medication adjustments. There are different types of rejection. With acute rejection, it is sometimes possible for lung function to improve. When chronic rejection is diagnosed, the lung function will usually not improve.

**ACUTE CELLULAR REJECTION (ACR)**

**Grades and Treatment:**
ACR is caused by the white blood cells in your body

- **Grade A0 (No Acute Rejection):** No rejection or cell damage on the biopsy tissue. The transplant team will not typically make any medication changes.
- **Grade A1 (Minimal Acute Rejection):** Minimal immune response against the organ is detected, but it is not causing harm to the organ. The transplant team will not typically make any medication changes.
- **Grade A2 (Mild Acute Rejection):** Mild immune system response is detected and there is noticeable cell damage. This score typically requires a 24-48 hour hospital admission for IV steroids and an increase in the current doses of immune suppression medications. We typically repeat the biopsy about 2 weeks after treatment to make sure that the rejection is gone.
- **Grade A3 (Moderate Acute Rejection):** Moderate immune system response is detected and the cells have been damaged. This result requires your child be admitted to hospital, where they will receive IV steroids. He or she may also receive other anti-rejection medications if the rejection does not respond to the steroids. After treatment for the rejection, we will repeat the biopsy in about two weeks to make sure that the rejection is gone.
- **Grade A4 (Severe Acute Rejection):** Severe immune system response is detected and the cells have been damaged. This result requires your child be admitted to hospital, where they will receive IV steroids. He or she may also receive other anti-rejection medications if the rejection does not respond to the steroids. After treatment for the rejection, we will repeat the biopsy in about 2 weeks to make sure that the rejection is gone.

**ANTIBODY MEDIATED REJECTION**
Caused by proteins called antibodies that recognize foreign things in your body.

- Testing for antibody mediated rejection is done by pathologist from biopsy tissue.
- Results are either positive or negative.
  - Positive = Antibody Mediated Rejection
  - Negative = No Antibody Mediated Rejection
CHRONIC REJECTION
Bronchiolitis Obliterans (BO): the most prevalent long-term complication associated with lung transplant. It is a form of chronic rejection. The cause of chronic rejection is unknown, although there are many proposed theories. It is very important for you to understand the importance of the immunosuppressive medications, as they can prevent rejection and chronic rejection. BO is an obstruction of the small airways of the lungs. The small airways become scarred with scar tissue. This leads to progressive shortness of breath and a decrease in exercise tolerance. This is a slow process that is thought to develop as a result of repeated rejection and infection episodes. This condition is rarely reversible. Initial treatment involves an increase or change in immunosuppression. It is, therefore, very important to keep good records, do assessments daily, monitor your child's pulmonary function test values, administer medications as ordered, and return for follow-up visits. Currently, the only treatment for this disease is re-transplantation.

Signs and Symptoms of Rejection
- Fever (>100° F)
- Fatigue
- Shortness of breath
- Decreased exercise tolerance
- Decreased spirometer values by 10% (FVC, FEV1) in 24 hours

Possible Treatment for Rejection
Rejection is diagnosed by symptoms, X-rays, pulmonary function tests, and biopsy. There are several treatment options for rejection. Treatment will be based on the type and severity of the rejection and will be individualized for each patient. If any of these treatments are necessary, we discuss them with you.

Possible treatment options:
- “Pulse” steroids: large increase in steroids over a short time period.
- Addition of another immunosuppressant.
- High dose IVIG.
- Use of stronger medicines like rituximab or thymoglobulin.
- A procedure called plasmapheresis to remove the antibodies from the blood.

Other Possible Complications
AIRWAY STENOSIS
Airway stenosis is a potential complication after lung transplant. It is narrowing of the airway. Low blood pressure, low oxygen levels, poor blood flow to the airway, and rejection are all thought to cause airway stenosis.

- Signs/symptoms: wheezing, shortness of breath, decrease in pulmonary function tests.
- Diagnosis: by bronchoscopy (or occasionally CT scan).
- Treatment: dilation or widening of the airway with a stent. The stent can be made of plastic or stainless steel wire. Stents are placed via bronchoscopy.
**BRONCHIAL NECROSIS AND DEHISCENCE**

Bronchial necrosis and dehiscence is an extremely rare potential complication after lung transplant. It is unhealthy tissue at the bronchial connections. This unhealthy tissue can be caused by poor blood flow and oxygenation. Dehiscence is when the unhealthy tissue causes the airway connection to come apart. Dehiscence is a medical emergency.

- Signs/symptoms: difficulty breathing, shortness of breath, air in the chest cavity around the heart or outside the lungs.
- Diagnosis: by bronchoscopy (or occasionally CT scan).
- Treatment: immediate surgical intervention may be needed.

**KIDNEY DYSFUNCTION**

**HIGH BLOOD PRESSURE**

**GINGIVAL HYPERPLASIA:** Overgrowth of gum tissue in the mouth

**HIRSUTISM:** Excessive hair growth

**OSTEOPOROSIS:** Weakening of the bones

**OBESITY**

**HYPERLIPIDEMIA:** High cholesterol and/or triglycerides

**DIABETES MELLITUS:** High blood sugar

**WHAT YOU CAN DO**

Transplant recipients directly contribute to the success of their transplant. Failure to comply with the medical regimen is the number one cause of organ failure. Close follow up with your transplant team and primary-care physician can improve the chances of a good outcome. Careful attention to medication schedules, lifestyle changes, infection-avoidance techniques are all important ways to prolong one’s life after transplantation.
Donor
How Long Will You Need To Stay in Houston After Transplant Surgery?
All lung transplant patients are required to remain within 1 hour of Texas Children’s Hospital for 3 months post-transplant.

How Often Will the Transplant Recipient Need to Come to Texas Children’s After Transplant?

FOR ROUTINE CLINIC VISITS
The transplant team will determine how often each recipient needs to be seen for follow up in the transplant clinic. Visits are individualized, however plan to see the pulmonologist twice a week for the first 4 to 6 weeks. Over time, the frequency of outpatient visits will spread out. It will be important for you to remember that the first 3 months after transplant is the time the recipient is most at risk for infection and rejection. Visits will decrease in frequency the longer the time after transplant.

FOR ROUTINE LAB DRAWS
On days of lab work, do not give the immunosuppressant medications until the blood has been drawn. However, you should give all the other medications. You must bring the immunosuppressant medications with you, so you can give them after the blood is drawn. Immunosuppressant medications levels need to be drawn 30-60 minutes before the next dose. If the dose is due at 9:00am and 9:00pm, a pre-medication level (called a trough) should be drawn between 8:00am and 9:00am.

Labs are usually checked weekly to twice weekly in the outpatient lab. Over time, the frequency of lab draws will decrease.

LUNG TISSUE BIOPSY
A biopsy of the lung tissue is the most accurate way to diagnose rejection. This procedure is normally completed on an outpatient basis. The transplant team will determine how often a biopsy is needed to assess organ function.

The normal protocol for biopsies during the first three months after transplant is around 24 hours post-op, then on week 2, week 6, and week 12. Biopsies are then usually done every 3 months for the first year and every 6 months. After the 2 year bronchoscopy, biopsies are no longer done on a routine basis. This schedule will be followed as long as there is no rejection present. If rejection is found, the schedule will be altered as needed.

Coming to the hospital and before the biopsy
- The recipient may not have any food or liquids before the procedure. Please ask your coordinator what time the recipient should no longer eat or drink beforehand.

Return to Table of Contents
• It is ok for the patient to take their immunosuppressive medications at the regular time on the day of the procedure. Only give enough water to swallow the pills. Bring all other medications with you.
• An IV will be placed before the procedure. Medication is given through the IV to make the recipient sleepy and relaxed before the test is performed.
• A Child Life Specialist can explain the procedure in advance and may be present during the procedure to provide coping support (upon request).

During the biopsy
• The biopsy will be performed in the Abercrombie Procedure suite on the 2nd floor of the Abercrombie building near the orange elevators.
• The procedure will take about 30 minutes, but you should plan to be there for 2-3 hours.
• The patient will be sedated for this procedure.
• Once sedated, a scope will be used to view the airways.
• An instrument on the scope is used to take a few tiny pieces of lung tissue for testing.
• This tissue is then sent to the pathology lab, processed, and evaluated by a pathologist to determine if there is rejection.

After the biopsy
• The recipient will need to recover from the sedation in the recovery area.
• Please be prepared to spend the day at the hospital when you come for a biopsy.
• Preliminary results may be available the next business day.
• If rejection is present, the transplant and pathology teams will discuss the preliminary results and decide on a treatment plan.
• If chest pain or a drop in oxygen level (“sat”) occurs, call the transplant physician on call immediately at 832-824-2099.

Compliance/Adherence
Good medical adherence and good communication with your transplant team are an important part of the transplant’s success. The compliance agreement you signed during transplant evaluation is for all phases of transplant (pre-transplant, during the transplant hospitalization, and post-transplant). It is expected that you will give medications as prescribed, return for follow-up clinic visits and go for routine lab work.

Transplant recipients directly contribute to the success of their transplant. Failure to comply with the medical regimen is the number one cause of organ failure. Close follow up with your transplant team and primary-care physician can improve the chances of a good outcome. Careful attention to medication schedules, lifestyle changes, infection avoidance techniques are all important ways to prolong one’s life after transplantation.

How Can You Get Transplant Medications?
• You will be discharged home with the necessary medications. Your transplant coordinator and physician will order the medications from a specialty pharmacy based on your insurance requirements. It is your responsibility to request medication refills once discharged from the hospital.
• When you have refills remaining, contact your pharmacy directly at least 5 days before you run out of medication.
• When you are out of refills for medications, contact your transplant coordinator at least 5 days before you run out of medication. Coordinators may only refill medications during office hours, Monday – Friday, 8:00am – 4:30pm. No refills will be done after hours, on weekends or, on holidays.
How Can You Get Transplant Supplies?
• Hospital staff will order needed supplies for discharge from a supply company based on your insurance requirements. It is your responsibility to request needed supplies after discharged from the hospital.

What Are the Activity Restrictions After a Recent Transplant Surgery?
Transplant recipients:
• Should not lift anything greater than 5 pounds for 6 weeks after surgery.
• Should not perform strenuous activity for 6 weeks after surgery.
• Should avoid pulling or positioning themselves using their arms for 6-8 weeks after surgery.
  - When moving from a lying position, have someone support you behind your back to move to an upright position. Do not pull or push yourself up using your arms.
  - When moving from a sitting position, the patient should use their legs to support their weight.
  - Parent/caregivers should avoid lifting the transplant recipient by picking him or her up under the arms. “Scoop” the patient for at least 6 weeks after surgery.
• Should not drive for 8 weeks after surgery (if applicable).
• Should check the incision daily. If there is any unusual redness, swelling, pus, drainage, or pain, contact your transplant coordinator.
  - Follow the surgery team’s instructions for incision care.
• Should keep the incision clean and dry. Do not apply ointments, lotions, or creams (unless prescribed).
• May shower and wash the incision only briefly with mild soap and water after the sutures are removed.
• Should not soak the incision area for at least 4-6 weeks after the surgery when bathing.
• Should not enter lakes, swimming pools, hot tubs, etc. until complete healing of the wound occurs and there are no more scabs.

Will You Need Physical or Occupational Therapy After Transplant?
PTs and OTs will be involved early after transplant to help get the recipient up and moving. They will assist with achieving independence with normal everyday activities.
Some ways PT and OT can help are:

<table>
<thead>
<tr>
<th>Physical Therapy</th>
<th>Occupational Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Post-op mobility</td>
<td>Feeding</td>
</tr>
<tr>
<td>Getting patients up and walking</td>
<td>Fine motor skills</td>
</tr>
<tr>
<td>Parent/caregiver/child education</td>
<td>Developmental</td>
</tr>
<tr>
<td>Reinforce sternal precautions</td>
<td>Strengthening</td>
</tr>
<tr>
<td>Importance of mobility</td>
<td>Endurance</td>
</tr>
<tr>
<td>Home exercise program</td>
<td>Sensory</td>
</tr>
<tr>
<td>Facilitate independence with mobility</td>
<td>Community reintegration</td>
</tr>
<tr>
<td>Balance</td>
<td>Activities of daily living</td>
</tr>
<tr>
<td>Stairs</td>
<td>- Showering</td>
</tr>
</tbody>
</table>
<pre><code>                                                | - Dressing                                 |
                                                | - Brushing teeth                           |
</code></pre>
THERAPY AND LUNG TRANSPLANT
The patient will be involved in physical and/or occupational therapy during all phases of transplant (pre-transplant, transplant admission, post-transplant). Physical Therapy aims to address activity tolerance, musculoskeletal imbalances, posture, strength, pain and other factors that limit overall function. Assessment tools will include regular 6 Minute Walk Test (6 MWT) to assess cardiovascular endurance, strength testing, and developmental testing determined by age.

Outpatient Post-Transplant (Initiate immediately upon inpatient discharge)
- Recover: focus on return to function
- Progression of activity tolerance with continuous monitoring of pulse-oximetry; patient specific
- Reinforce sternal precautions
- Once off sternal precautions (6-8 weeks), initiate gradual UE strengthening program
- Focus on activity tolerance, endurance, postural muscle re-education, and return to age appropriate activities
- Developmental skill progression if appropriate

OUTPATIENT POST-TRANSPLANT (INITIATE IMMEDIATELY UPON INPATIENT DISCHARGE)
- Recover: focus on return to function
- Progression of activity tolerance with continuous monitoring of pulse-oximetry; patient specific
- Reinforce sternal precautions
- Once off sternal precautions (6-8 weeks), initiate gradual UE strengthening program
- Focus on activity tolerance, endurance, postural muscle re-education, and return to age appropriate activities
- Developmental skill progression if appropriate

REHABILITATION
Occupational and Physical therapy work closely together and often overlap when addressing rehabilitation needs. The major goal of therapy for transplant recipients is to help them reach their highest level of functioning and independence after transplant surgery.

This involves helping recipients regain strength, range of motion of joints, age appropriate fine and gross motor skills, perceptual skills, and ability to participate in everyday activities. Home programs, caregiver instruction and referral to community programs are made when needed. Rehabilitation and therapy programs are created based on each patient’s needs.

What Should You Do for Infection Control Post-Transplant?
The transplant recipient will receive very strong anti-rejection medications at the time of transplant that lower the body’s ability to fight off infections. Special care must be taken to avoid contact with other people who are sick. Only immediate family members should visit during this time.

Remember, the transplant recipient is highly immunosuppressed after transplant and is at high risk for infection. An infection during this time might be considered life-threatening. Everyone who visits post-transplant MUST practice good hand washing techniques. Limiting visitors is important, especially in the first 6 months post-transplant.

Any fever, cough, vomiting, diarrhea, rash, or mouth lesions should be reported to the transplant physician.
WAYS TO LIMIT EXPOSURE TO ILLNESS POST-TRANSPLANT

For the patient:
• Wear a mask when at the hospital for clinic visits (if applicable).
• Avoid crowds for the first 3 months after transplant, if possible.

For parents/caregivers and recipients:
• Wash your hands, and use hand sanitizer.
• Keep hands away from your eyes, nose, and mouth unless freshly washed with soap and water.
• Keep sick visitors away.
• Take off shoes and outerwear before entering the home.
• Wash your hands as soon as you get home.
• Wash hands frequently with soap and water.
• Always use separate drinking glasses and eating utensils.
• If someone at home becomes sick:
  - Try to limit the ill person’s time around the recipient (keep them apart if possible).
  - Have the ill person cover his or her mouth when sneezing and coughing.
  - Wash hands frequently.
• Keep immunizations up-to-date. **No live virus vaccines for the recipient, ever.** Always check with your transplant team before anyone in your household receives a live vaccine.

How Can You Balance Your Family’s Needs After Transplant?
Caring for a transplant recipient can change the family’s daily routines. Everyone will need some time to get used to the transplant recipient being home from the hospital. As time passes, your family will gain confidence in caring for the recipient.

Before transplant, a lot of the focus was on the sick child. The family may have found it difficult to participate in certain activities. After transplant, improvement in the transplant recipient’s health can improve quality of life for the recipient and his or her family. You may find that your family is able to plan and do more activities together.

Below are some of the common issues families can face after a transplant. Talking openly with your transplant team about these issues can help you find solutions for all family members. The transplant team can help you locate resources as needed.

PARENTS/CAREGIVERS
Some parents/caregivers may struggle with establishing good behavioral limits for their child after transplant. Saying no can be hard because of all that their child has been through. Most children feel safer with consistent discipline, rules to guide them, and normal routines. Other parents/caregivers may struggle with being overprotective, but as time passes, parents/caregivers usually become less overprotective and find it easier to allow their child some freedom.

RECIPIENT
In addition to the feelings that come from having a new organ, being away from home for the operation and hospital stay can be hard on the recipient. Recovering emotionally after a transplant will take time and patience.

It is normal for there to be some behavioral changes with a life event as big as transplant. Recipients can become withdrawn, more outgoing, and/or more attached to family. Younger children may regress in meeting their developmental goals. This usually gets better with time.
BROTHERS AND SISTERS (SIBLINGS)
Siblings may go through a period of adjustment following transplant because of long periods of separation. This can contribute to feelings of anxiety. Siblings might compete for attention and/or become jealous of the transplant recipient, which can create tension in the family unit. Siblings may become more attached, more demanding, more temperamental, or may struggle with following rules.

To help siblings cope with these changes, parents/caregivers can set time to spend just with them. Parents/caregivers should allow siblings to express their feelings about transplantation and how they’ve been affected. Promote feelings of family togetherness by participating in activities your family can do together.

FAMILY MEMBERS/FRIENDS
Extended family members and friends may have the same types of feelings and struggles after transplant. They will want to visit once you return home, but please remember the importance of limiting visitors, especially in the first 6 months post-transplant.

Do Transplant Recipients Return to School?
The goal of transplant is to return to as near a normal life as possible. Returning to school can be a source of anxiety for many parents/caregivers and children, but it is an important part of childhood. Our expectation is for the transplant recipient to return to school once medically cleared.

How Can Transplant Recipients Have a Healthy Lifestyle?
Routine health care, good nutrition, drinking plenty of water, and regular exercise can enhance overall health. These are an essential part of staying healthy after transplant.

ROUTINE HEALTH CARE

Immunizations
• Routine vaccinations, EXCEPT for live virus vaccines, are important to protect patients with compromised immune systems after transplant. It is recommended that transplant patients and their family members stay up to date on their regular immunization schedule.
• Most recipients resume their regular immunization schedule (except for live virus vaccines like varicella and MMR, see the table on the next page for more detail) at 6 months after transplant.
  - Exception: the flu shot can be given 2 months after transplant, or can even be given as early as 2 weeks after transplant during peak flu season.
  • When a sibling or family member receives a live virus vaccine (which transplant recipients cannot receive), caution should be used to avoid contact with body fluids from the person who received a live virus vaccine for at least 2 weeks (no drink sharing, good hand washing, etc.).
• It is recommended that family members receive their flu shot annually.
• If you or your local physician have a question about an immunization that is not on the list at the next page please feel free to contact the recipient’s transplant coordinator directly.
<table>
<thead>
<tr>
<th>Allowed</th>
<th>Not Allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>DTaP; Tdap: diphtheria, tetanus toxoid, acellular pertussis</td>
<td>MMR: measles, mumps, rubella (German measles)</td>
</tr>
<tr>
<td>Td: diphtheria, tetanus toxoid</td>
<td>Varicella virus (Varivax®)</td>
</tr>
<tr>
<td>Haemophilus influenzae type B (Hib)</td>
<td>Poliovirus (OPV) (Oral)</td>
</tr>
<tr>
<td>Poliovirus (IPV) (Injectable)</td>
<td>Yellow fever</td>
</tr>
<tr>
<td>Hepatitis A (HAV)</td>
<td>BCG (for TB)</td>
</tr>
<tr>
<td>Hepatitis B (HBV)</td>
<td>Cholera</td>
</tr>
<tr>
<td>Typhoid (injectable)</td>
<td>Smallpox</td>
</tr>
<tr>
<td>Pneumococcal (PCV13, Pneumovax 23)</td>
<td>Typhoid (oral)</td>
</tr>
<tr>
<td>Rabies</td>
<td>Rotavirus (oral)</td>
</tr>
<tr>
<td>Meningococcal vaccine (MCV4)</td>
<td>FluMist (nasal spray influenza) (flu)</td>
</tr>
<tr>
<td>HPV (papillomavirus) (Gardasil®)</td>
<td>Shingles (Herpes Zoster)</td>
</tr>
<tr>
<td>Influenza (flu) (injectable)</td>
<td></td>
</tr>
</tbody>
</table>

The following are not immunizations, but they are allowed:
- Mantoux (TB) tests (PPD): test for tuberculosis
- Immune globulin (gamma globulin): infusion

**Dental Care**
- All children should receive regular preventative dental care once the primary teeth are in place (as early as 18 months for some children).
- Topical applications of fluoride to the teeth may be necessary if the water supply in your home community does not contain fluoride. Fluoride is an excellent preventative against tooth decay.
- **Routine dental work (filling a cavity or cleaning of teeth) may require pre-treatment with antibiotics to prevent infection.** Please consult with your transplant coordinator prior to dental procedures. Your dentist can consult with the transplant physician regarding the protocol.
- You will also need to communicate to your dentist if the recipient is taking steroids daily. Dental procedures do not usually require extra doses of steroids for patients who take a daily dose of steroids.

**Skin Care**
- Patients may be more at risk for developing certain types of skin conditions, including skin cancer after transplant.
- Dermatology screening visits may be recommended. Please discuss with the transplant team.

**Well-Woman Visits (for females >13 years old)**
- Standard recommendations for well-woman visits recommend an initial educational visit to a gynecologist between the ages of 13 and 15 years old.
  - Generally does not include pelvic examination and focuses on patient education.
    - Establish the clinician-patient relationship.
    - Discussion of body development, body image, self-confidence, weight management, immunizations (including the human papillomavirus vaccine), contraception, and prevention of sexually transmitted infections (STIs).
    - Patients who are sexually active, regardless of age, should see a gynecologist for check ups and education.
- Pap smears (screening for cervical cancer):
  - Recommended to begin at age 21 (regardless of sexual activity) and then every 3 years.
  - Women who have a weakened immune system may need to be screened more frequently.
  - Please talk to the transplant team and/or gynecologist to discuss needs on an individualized basis.
Food and Nutrition

Food Safety Guidelines
The recipient will be immunosuppressed after transplant. Transplant recipients are at risk for food-borne infections, just like they are at risk for other infections. Food-borne illness or infections are often called food poisoning. Food poisoning can occur after eating raw or undercooked food. After transplant, it is very important to practice good hand hygiene when cooking or eating food and to avoid food that is raw or undercooked. Your transplant dietitian will be able to provide more education on specific foods to avoid to prevent food borne illness and safe cooking practices. The U.S. Department of Agriculture and Food and Drug Administration have provided guidance to decrease the risk.

Food safety guidelines are for:
• Cleaning: washing hands, surfaces, and fruits/vegetables.
• Separating: preventing cross contamination by preparing raw food away from cooked food
• Cooking: ensure foods are cooked to a safe temperature
• Chilling: make sure food is chilled promptly
• Online resource for transplant food safety: http://www.fda.gov/downloads/Food/FoodborneIllnessContaminants/UCM312793.pdf

Water Safety Guidelines
Because of the transplant recipient’s lowered immune system after transplant, they can become ill from exposure to contaminated water. Water consumed after transplant needs to be safe and free from bacteria.

Water safety guidelines are for:
• Cooking and drinking
• Washing dishes and utensils
• Brushing teeth

Safe Water Sources:
• City Water: If your home faucet water comes from a city water supply or a municipal well, it is safe.
• Bottled Water:
  - Is considered safe if it has been processed in one of these ways:
    • Reverse osmosis
    • Distillation
    • Filtration with an absolute 1 micron or smaller filter
  - Not all bottled water is considered free from bacteria. Bottled water labeled as well water, spring water, or mineral water does not mean it is safe. Read the label to find out if the water has been treated by osmosis, distillation, or filtration (see above).
    • For more information: www.bottledwater.org
• Distilled Water
  • A steam distillation system can distill water. After processing, place water in a clean bottle or pitcher with a lid and refrigerate. Discard within 3 days.
• Boiled Water
  • Heat water to a rolling boil for at least 1 minute. Allow water to cool prior to placing water in a clean bottle or pitcher with a lid and refrigerate. Discard within 3 days.
Possibly Unsafe Water Sources:
• Private Well
  - Water from private or small community wells may not be safe.
  - Testing is needed and should be repeated annually or as recommended by your water laboratory.
  - For more information: www.wellowner.org
  - Center for Disease Control and Prevention – Private Drinking Water:
    http://www.cdc.gov/healthywater/drinking/private/index.html

Other Water Tips:
• When traveling to an outside country (such as Mexico or South America), please use bottled water. Keep in mind that ice and drinks with ice may be contaminated as well.
• Avoid accidental water intake when you shower or brush your teeth, swim (especially in lakes), use a hot tub or go boating.
• If you are unsure where tap water is from, you should avoid drinking it (example: water from a refrigerator and drinks made at a fountain).
• Be careful when using ice machines that may not be cleaned regularly.

Food-Drug Interactions
Transplant recipients should not eat grapefruit, pomegranate (or juices that contain either one), Starfruit, Seville oranges (usually found in marmalade) or Noni juice. These can interfere with the blood levels of medications used to suppress the immune system. Additionally, any antibiotics should only be given after interactions have been checked by the transplant team. These foods and medications can interfere with the absorption or the breakdown of Prograf® (tacrolimus) and cyclosporine and may cause high or low levels that can lead to side effects and/or increase the risk of transplant rejection.

Vitamins and Supplements
Sometimes electrolyte levels may be altered after transplant. Electrolytes may need to be replaced with medication. Vitamin and mineral levels may also be checked after transplant, and if levels are low, recipients may need to take additional supplements. Your transplant team will teach you about which supplements to take if needed. Herbal supplements can adversely interact with transplant medications. Do not take herbal supplements unless first discussed with your transplant coordinator or physician. Herbal remedies include herbal drugs, herbal teas, essential oils, etc.

OUTDOOR SAFETY

Sun Safety
Some transplant medications can cause sensitivity to sunlight. Transplant recipients need to wear sunscreen and protective clothing/hat/eyewear when outdoors. Limit outdoor activities from 10am to 4pm, during the hours of greatest sun exposure. Regular dermatology screening visits may be recommended. Please discuss this with the transplant team.

Exercise
Outdoor activities are good for recipients. Use common sense about safety for all outdoor exercise activities. It is ok
to return to safe sports, such as P.E. (class, track, etc.) once medically cleared. If you have questions about which sports are safe, check with the transplant team.

Please ask your team about any activities that might be an infection risk, like hunting, fishing or scuba diving, before participating. Make sure to stay well hydrated during any physical activity.

**Bug Safety**

Take precautions to avoid infections that can be caused by bug bites. Avoid going out during peak mosquito feeding periods and use insect repellents that contain DEET. These precautions can help prevent illnesses spread by mosquitoes such as Zika, West Nile, Dengue, and others. Make sure to use bug spray if you will be out during a time when mosquitos and other bugs are out.

**How Should You Plan for Travel and Vacations?**

Your family can travel after transplant, but traveling is not recommended for at least the first 6 months, because that is the time the recipient is most at risk for infections. It is important to over-prepare for travel by remembering the following things:

- Contact your transplant center before travel to let them know what area you are traveling to, especially if outside the United States. Extra immunizations or special precautions may be needed.
- If possible, refill your medications before you travel, and take what you will need plus an extra 10-day supply. Many other countries may not have the same type or quality of medications as those regulated in the United States. Even if traveling inside the U.S., certain medications may not be available everywhere.
- Make a plan before you travel, locating the hospitals and physicians closest to where you will be staying in case the recipient needs medical care while traveling. The American Embassy or consulate can also be contacted if you need help finding a hospital or physician.
- **Air Travel:**
  - Carry medications/supplies on the plane with you. Do not check them with your bags because they may be lost or exposed to extreme temperatures in the plane’s cargo area.
  - Request a letter from your transplant office with permission to travel with needed medications and medical supplies to make the airport security process easier. These letters can be dated for 1 year and replaced annually if needed.
- Only drink bottled or canned drinks, unless it is a beverage like tea or coffee that is made with boiled water. Avoid iced beverages if traveling in an area where there may be poor water quality. If there are no bottled or canned drinks available, you will need to boil water for cooking and drinking and allow it to cool before use.
- Monitor the food the recipient eats and make sure it is well cooked. In areas where sanitation is poor, avoid unpasteurized milk and other dairy products like cheese or fresh milk. Fruit must be peeled or cooked. Do not eat raw fruits or vegetables in an area where water quality or sanitation are poor.
- Swimming in contaminated water increases risk for infections, especially ear or stomach infections if you submerge (jump) in the water. Correctly chlorinated pools are the safest places to swim. After swimming, it is best to rinse off or shower right after getting out of the water.
• Ponds and lakes are the riskiest areas to swim, due to stagnant water and build-up of bacteria and other infectious agents (parasites). Avoid these if possible. If you make the decision to swim in a pond or lake, the recipient shouldn’t place his or her head underwater. Do not swim if you have any open, unhealed wounds. Try to keep the recipient from swallowing any water when swimming.

How Can Transplant Recipients Be Around Pets Safely?
Studies have shown that the bond between people and their pets can increase fitness, lower stress, and bring happiness to their owners. Pets sometimes carry germs that can make people sick! Transplant recipients are even more at risk for getting sick from animals, so special precautions need to be taken.

It is hard to know which animals could be carrying diseases, especially since pets carrying these germs often look healthy and normal. Here are some tips:

• Keeping your pet healthy
  - Take your pet to the veterinarian regularly.
  - Keep pets immunizations up to date.
  - Feed pets healthy food and don’t let them drink from toilets or eat from the trash.
  - Keep your pets clean by bathing them frequently.
  - Regular flea & tick prevention is needed, especially for cats and dogs.

• Keeping yourself healthy
  - Practice good hygiene around your pets so they don’t pass germs to you.
    • Wash your hands thoroughly with running water and soap after handling animals.
    • Adults should supervise children during hand washing.
    • Do not place litter boxes or pet cages in kitchens, dining rooms, or other areas where food is prepared and eaten.
  - Learn about diseases different types of pets can spread - just in case.
  - Use caution if you come into contact with farm animals, including animals at petting zoos and fairs. Wash hands thoroughly.

• Transplant recipients should:
  - Avoid contact with animal feces.
  - Avoid cleaning cages, tanks, litter boxes, aquariums, etc...
  - If you must come into contact with one of these items, wear gloves and wash hands thoroughly with soap and running water.
  - Toxoplasmosis (a type of parasite infection) can be acquired many ways-through infected animals, from playing in infected sand boxes or from playing with contaminated dirt. Avoid these things if possible.
  - Avoid sharing a bed with a pet (due to increased risk for infection).
  - Avoid an animal licking their face or hands. If this occurs, wash with soap and water as soon as possible.
  - Avoid any direct contact with petting zoos, farm animals and their enclosures if possible.
    • Avoid having food near or eating by the animals or their enclosures.
    • Direct contact with animals is not necessary to contract most diseases spread by animals. Indirect contact with contaminated surfaces can cause infection.
Exposure to farm animals causes risk for E. coli bacterial infection.
Children are at the greatest risk for serious complications caused by E. coli infection.
Young children are less likely to follow hand hygiene rules.
Young children constantly place their hands to their eyes and mouth, which increases infection risk.

RECOMMENDATIONS FOR PETS
• Dogs
  - Any cat or dog that has diarrhea should be checked by a veterinarian for infection with Cryptosporidium, Giardia, Salmonella, and Campylobacter.
• Cats
  - Keep pet cats indoors. Do not pet stray cats. Litter box should be kept away from food preparation areas. Litter boxes should be cleaned frequently by someone other than the transplant recipient.
• Fish
  - Aquarium should be cleaned by someone other than the transplant recipient.

PETS TO AVOID
• Reptiles, including lizards, snakes, and turtles (can carry salmonella in their stool).
• Birds, including chicks and ducklings.
  - If you must have a bird, bird cage linings should be cleaned daily, by someone other than the transplant recipient.
  - We recommend against birds as pets because of potential airborne infectious agents in their stool.
• Hamsters and gerbils (or other animals that may bite).
• Exotic pets, including monkeys.
• Wild animals
  - Do not adopt wild animals as pets or bring them into your home (Animal bites/scratches can cause infections and fever).

More information can be found at: [http://www.cdc.gov/healthypets/specific-groups/organ-transplant-patients.html](http://www.cdc.gov/healthypets/specific-groups/organ-transplant-patients.html)

How Can You Get CPR (Cardiopulmonary Resuscitation) Training?
You and your family may attend a CPR training course which can be taken at Texas Children’s Hospital or a facility of your choice.

How Can You Get a Medic Alert Bracelet?
You may purchase a medic alert bracelet, necklace or anklet to identify the transplant recipient. It can give life-saving information in an emergency. There are many options available online for you to choose from. Talk to your transplant team to see if the recipient needs one.
What Should You Communicate to the Transplant Team?
Contact the transplant team if there are any changes in insurance coverage, address, or phone numbers. We will need to contact you with lab values and medication changes. Please keep the transplant center’s number with you, and always have access to a phone.

Any changes in medical condition, such as medications or other issues must be communicated to your transplant coordinator prior to making the change. This includes, but is not limited to, over-the-counter medications and visits to physicians other than ones on the transplant team.

How Does Your Referring Physician Stay Updated?
Once you are home, you will be in regular contact with your transplant coordinator, and you are expected to return to Texas Children’s for follow-up transplant care. Through the transplant process, the transplant team will communicate with your referring physician. Routine care will be gradually transitioned to your referring/primary care physician.

How Can You Write to the Donor Family?
To protect the privacy for your donor family, you will only be told minimal information about your donor at the time of transplant (usually age and gender). The donor family receives the same information about the person who receives the organs from their loved one. You or a member of your family have the opportunity to write to the donor family to say “thank you.” Here are a few things to include:

- Include the recipient’s first name only.
- Acknowledge the donor family’s loss and thank them for their gift.
- Include what kind of transplant the recipient had and how long he or she waited for a transplant.
- Tell them a little about your family’s interests and hobbies.
- Explain how the transplant has improved the recipient’s health and changed your lives.

If you would like to write to your donor family, consider sending a hand-written or typed letter or a greeting card. Please give the letter to your transplant coordinator or social worker to ensure it is sent to the donor family. You may or may not receive a letter from your donor family. Some donor families have said that writing about their loved one and their decision to donate helps them in their grieving process. Other donor families, even though they are comfortable with their decision to donate, may prefer privacy and choose not to write.

We strongly encourage you to write a letter for your donor family. Your transplant coordinator can give you a handout called “Writing to Donor Families” if you need additional help.

How Can We Help Adolescents Transition into Adult Care?
We encourage recipients to begin learning about their condition, medications, and how to advocate for themselves beginning from an early age (usually 12). Along with the guidance of parents/caregivers, we are slowly able to teach adolescents how to assume responsibility of their care. The gradual increase in responsibility needs to be monitored by parents/caregivers to ensure the recipient is taking the correct medications and obtaining follow up when needed.
Allowing adolescents to gradually learn how to navigate the medical system prepares them for transition into adult care. When providers, parents/caregivers, family members, and recipients work together, a smooth transfer to adult transplant care is achievable.

**Is the Compliance Agreement Still in Effect?**
Good medical adherence and good communication with your transplant team are an important part of the transplant's success. The compliance agreement you signed during transplant evaluation is for all phases of transplant (pre-transplant, during the transplant hospitalization, and post-transplant).

**What Should You Know About Research Studies?**
Texas Children’s Hospital participates in many research projects in our center and across the nation. Clinical research is one of the reasons that there has been improvement in patient and graft/transplanted organ survivals. Participation in research is voluntary. Parents/caregivers can participate in a research study. You can choose whether or not to participate in a research study without worry that saying no will affect the medical or nursing care the patient receives.
Post-Transplant Phase: Section Quiz Review

1. Transplant recipients need to come back to Texas Children’s for transplant follow-up care.
   a. True
   b. False

2. All of the following are true in regards to finding balance for your family after transplant, except:
   a. Parents/caregivers may struggle with being overprotective.
   b. Some transplant recipients may struggle with behavior challenges, they may become more withdrawn, more outgoing, or more attached to their parent/caregiver as they adjust to life after transplant.
   c. Siblings might compete for attention and/or become jealous of the transplant child, which can create tension in the family unit.
   d. All family members will behave normally and no one will have to cope with the emotional changes that may come with transplant.

3. Can transplant recipients go back to school after transplant?
   a. Yes, they can go back to school the day they go home from the hospital after transplant.
   b. Yes, they can go back to school once they are medically cleared.
   c. Yes, they can go back to school whenever they want.
   d. No, they can never go back to school.

4. Which of the following are correct in regards to transplant patients and their families receiving vaccines post-transplant?
   a. Routine vaccinations are important to protect patients with compromised immune systems after transplant. It is recommended that transplant patients and their siblings/family members stay up to date on their immunizations on their regular immunization schedule.
   b. Transplant patients CANNOT receive LIVE virus vaccines.
   c. When a sibling or family member receives a live virus vaccine (which transplant patients CANNOT receive), caution should be used to avoid contact with body fluids for at least two weeks (no drink sharing, good hand washing, etc).
   d. All of the above

5. Dental care is not important after transplant.
   a. True
   b. False

6. Should you contact the transplant team before any dental procedures are done?
   a. Yes, you should contact the transplant team prior to dental appointments because dental procedures, including routine dental work (filling a cavity or cleaning of teeth) may require pre-treatment with antibiotics to prevent infection.
   b. No, your transplant center doesn’t mention dental care at all.
7. Some foods (fruits and their juices), transplant recipients should AVOID are:
   a. Grapefruit, Pomegranate
   b. Grapefruit, Pomegranate, Starfruit, Seville Oranges (Marmalade), or Noni juice
   c. Seville Oranges (Marmalade), Bananas, Grapefruit, Pomegranate, Oranges
   d. Starfruit, Grapefruit

8. Which of the following are ways to limit exposure to illness after transplant?
   a. Wash hands frequently with soap and water or hand sanitizer.
   b. Keep sick visitors away.
   c. Keep your hands away from your eyes, nose, and mouth unless freshly washed with soap and water.
   d. All of the above.

9. In regards to safety for outdoor activities, which of the following is false?
   a. Limit exposure to sunlight, because some medications can cause sun sensitivity. Transplant recipients should wear protective clothing/hat/eyewear when outdoors.
   b. Transplant recipients are not allowed to play or be outside.
   c. It is ok to return to safe sports once medically cleared by the transplant team.
   d. Use bug spray if you will be out during a time mosquitos and other bugs are out.

10. Some things to remember when traveling with a transplant recipient are:
    a. For air travel, do not check medications with your baggage. Carry them in your carry on bag, so they won’t be accidentally lost.
    b. If possible, refill your medications before you travel, and take what you will need plus an extra 10-day supply.
    c. Make a plan before you travel, locating the hospitals and physicians closest to where you will be staying in case the transplant recipient needs medical care while traveling.
    d. All of the above are correct.

11. Wash your hands thoroughly with running water and soap after handling animals and their feces (stool). If possible, transplant recipients should avoid direct contact with animal feces. Adults should supervise the hand washing of children.
    a. True
    b. False

Answer Key: 1) a 2) d 3) b 4) d 5) b 6) a 7) b 8) d 9) c 10) d 11) a
Common Questions in the Post-Transplant Period

1. **On lab work days, should the recipient take medications before labs?**
   No, please do not give the immunosuppressant medications until the blood has been drawn. The labs should be scheduled to be drawn just before (usually 30 minutes to 1 hour) the medications are due to be given.

2. **When medication refills are needed, what do you do?**
   When there are refills remaining, contact your pharmacy directly at least 5 days before you run out of medication. When you are out of refills for medications, contact your transplant coordinator at least 5 days before you run out of medication.

3. **How do you monitor the surgical incision?**
   Check the incision daily. If there is any unusual redness, swelling, pus, drainage, or pain, contact your transplant coordinator. Follow the transplant team’s instructions for incision care.

4. **Will transplant recipients always be more at risk for infection after transplant?**
   Yes, they are HIGHLY immunosuppressed and at a HIGH risk for infection, especially during the first 6 months post-transplant. Any infection during that time period could be life-threatening. Even if medication doses are able to be lowered they will still be at risk for infection.

5. **How long will transplant recipients be on medications after transplant?**
   While some of the medications they are on in the hospital may be decreased or stopped, they will remain on immunosuppressant medications for the rest of their lives.

6. **How will I know what medications to give once we go home from the hospital?**
   Your transplant coordinator or transplant pharmacist will create a medication schedule for you to follow. You will be taught what each medication is for and how to give it.

7. **What if we are struggling emotionally after transplant?**
   Recovering emotionally after a transplant will take time and patience for your family. The transplant team can help you locate resources and provide counseling as needed.

8. **One of our family members got a live virus vaccine today. Do I need to take any special precautions?**
   When a family member receives a live virus vaccine (which transplant patients cannot receive), caution should be used to avoid contact with body fluids for at least 2 weeks (no drink sharing, good hand washing, etc).

9. **Is it ok to have a pet?**
   Yes, but precautions should be taken to keep recipients from catching any illness that a pet may be carrying. Transplant recipients should not handle animal urine/feces, including cleaning bird cages, litter boxes, fish tanks, etc. There are certain types of animals you should avoid having which include reptiles (lizards, snakes, turtles); birds (including baby chicks or ducklings); and exotic pets (including monkeys).
**When Should You Contact the Transplant Team After Transplant?**

<table>
<thead>
<tr>
<th>Vital Signs</th>
<th>Gastrointestinal/Genitourinary Problems</th>
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<tbody>
<tr>
<td>• Changes in vital signs (blood pressure or heart rate decreases or elevations)</td>
<td>• Increased abdominal size, abdominal pain, or swelling</td>
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<tr>
<td>• Heart rate becomes rapid at rest, is irregular, or is pounding</td>
<td>• Persistent vomiting, diarrhea, or severe abdominal pain</td>
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<tr>
<td>• Difficulty breathing (abdominal breathing, making grunting noises)</td>
<td>• Vomiting blood</td>
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<tr>
<td>• Increased cyanosis (blueness)</td>
<td>• Blood present in vomit or bowel movement (coffee ground-like or red vomit; dark tarry or bright red bowel movement)</td>
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<tr>
<td>• Decreased oxygen saturation level</td>
<td>• Bloody urine</td>
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<tr>
<td>• Increased abdominal size, abdominal pain, or swelling</td>
<td>• Decrease in urine output (decreased frequency or amount)</td>
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<tr>
<td>• Persistent vomiting, diarrhea, or severe abdominal pain</td>
<td>• Difficulty or pain when emptying bladder</td>
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<tr>
<th>Activity</th>
<th>Miscellaneous</th>
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<tbody>
<tr>
<td>• Decrease in activity level (not keeping up like normal)</td>
<td>• Sweating more than usual</td>
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<tr>
<td>• Decreased exercise tolerance</td>
<td>• Jaundice (yellowing of the eyes/skin)</td>
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<tr>
<td>• Sleeping more than usual</td>
<td>• Persistent or severe headaches</td>
</tr>
<tr>
<td>• Decrease in appetite</td>
<td>• Bloody sputum (mucus)</td>
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<tr>
<td>• Irritability</td>
<td>• Swelling/retaining fluid (if feet, legs, hands, or eyelids swell)</td>
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<tr>
<td>• Swelling/retaining fluid (if feet, legs, hands, or eyelids swell)</td>
<td>• If you must leave town for an emergency</td>
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<tr>
<td>• If you must leave town for an emergency</td>
<td>• Prior to having any dental work done, including routine cleaning (antibiotics may be needed)</td>
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**Illness and Medication**

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<tr>
<th>Contact Information</th>
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<tr>
<td><strong>MONDAY-FRIDAY, 8:00 AM-4:30 PM:</strong></td>
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<tr>
<td><strong>Non-urgent Issues:</strong> Contact your transplant coordinator by phone or email.</td>
</tr>
<tr>
<td><strong>Urgent Issues:</strong> Call 832-824-2099 and request to have your transplant coordinator paged (Toll-free number is 1-800-364-5437). If you do not receive a return call within 30 minutes, please try again as technical difficulties do sometimes occur.</td>
</tr>
<tr>
<td><strong>AFTER HOURS, WEEKENDS, OR HOLIDAYS:</strong></td>
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<tr>
<td><strong>Non-urgent Issues:</strong> Email your transplant coordinator.</td>
</tr>
<tr>
<td><strong>Urgent Issues:</strong> Call 832-824-2099 and request to have the transplant physician on call paged (Toll-free number is 1-800-364-5437). If you do not receive a return call within 30 minutes, please try again as technical difficulties do sometimes occur.</td>
</tr>
<tr>
<td><strong>For a true medical emergency, such as difficulty breathing or change in responsiveness, please call 911.</strong></td>
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</table>
1. Is it normal for transplant recipients to have trouble sleeping?
It is common for patients to have trouble sleeping after surgery. Medication or behavioral therapies can be used to help with this. Please talk to your transplant team if you are having trouble falling asleep or staying asleep.

2. Is it common for recipients to lose some hair after transplant?
Hair loss can happen after a stressful event like surgery. Certain medications may cause hair loss too. Talk to your transplant team if you notice hair loss happening.

3. Is bedwetting common after transplant? What could be the reason?
While not common, it can happen as a result of the transplantation process. Bedwetting can cause low self-esteem and can be socially limiting. The transplant recipient should not be blamed for the bedwetting. Please talk to your transplant team if you have concerns about this.

4. What is the recommendation on piercings and tattoos?
Getting tattoos or piercings are not encouraged due to infection risk. For ear piercings, we recommend waiting until 6 months after transplant. Please contact your coordinator for ear piercing safety instructions.

5. Should transplant recipients be around people who smoke?
Recipients should stay away from all forms of tobacco smoke that includes cigars, cigarettes, hookah, electronic/vapor (e-cigarettes). If friends or family members have to smoke, then they should do so outside and not in the home or car with the recipient.

6. Can transplant recipients smoke?
Since transplant patients are more at risk for cancers, avoiding all tobacco products is important. This includes dip, chew tobacco, cigars, hookah, and cigarettes, including electronic/vapor (e-cigarettes). Smoking is harmful to everyone, but it is more harmful for transplant recipients. Exposure to cigarette smoke could cause serious complications. Recipients should avoid smoke-filled areas as much as possible. We can provide personal counseling to adolescents about their own smoking choices.

7. How can illegal drugs affect someone with a transplant?
Only use medications as instructed by your physician(s). Illegal drugs that are inhaled, ingested or intravenous place a transplant patient at risk for infection, viruses or can even cause death. Some drugs can cause dangerously high blood pressures, stroke (bleeding in the brain), confusion, mood swings and changes in behavior.
8. Can a transplant recipient drink alcohol?
A transplant patient should not drink alcohol because it can cause organ damage/failure. It can cause reactions while on certain medications. Alcohol can cause confusion, mood swings and changes in behavior, or irritate the stomach and cause ulcers.

9. What are the risk factors of participating in sexual activity after transplant?
Sexual activity of adolescents is a sensitive topic. Our doctors are comfortable talking with recipients and their parents/caregivers about sexual issues and concerns. Sexual activity puts recipients at risk for unplanned pregnancy and sexually transmitted diseases (STDs). Some STDs cannot be cured. Abstinence (not having sex) is the best way to avoid STDs or unplanned pregnancies. If a transplant recipient chooses to be sexually active, 2 methods of birth control are recommended. Using condoms may reduce the risk of STDs and accidental pregnancy. Pregnancy prevention is the responsibility of both participants. See Section 5 How Can Transplant Recipients Have a Healthy Lifestyle, Routine Health Care, Well-Woman Visits for more details on women’s health recommendations.

10. Will my child be able to have children of their own in the future?
If pregnancy is desired, the recipient should be transitioned to an adult transplant center. Whether male or female, recipients should talk to their transplant team before planning to start a family. A healthy pregnancy may be achieved in a post-transplant patient with proper planning and medication changes made by your physician.

Female recipients: If sexually active, it is possible to become pregnant even before having their first menstrual period. Pregnancy after transplant may be risky for both the transplant recipient and the baby. Many immunosuppression medications (such as mycophenolate) can cause birth defects or miscarriages. If a recipient gets pregnant, she will likely be transitioned to an adult transplant center. Call the transplant office immediately if pregnancy is suspected.
Transplant-Related Websites & Organizations

http://www.transplantliving.org/
Purpose: Patient Education

http://www.organtransplants.org/understanding/interactivebody/index.html
Purpose: Patient Education; Click “interactive body”- patients can click on different organs and parts of the body. Many additional education resources on the www.organtransplants.org home page.

http://www.organtransplants.org/
Purpose: Patient Education

http://www.americantransplantfoundation.org/
Purpose: Organ donation awareness

http://www.trioweb.org/
Purpose: Information and resources for transplant recipients, families, and donor families

https://donatelife.net/
Purpose: Information and resources for transplant recipients, families, and donor families

http://wish.org/refer-a-child
Purpose: Grant the wish of every child diagnosed with a life-threatening medical condition
Transplant Fundraising Organizations

HELP HOPE LIVE
http://www.helophopelive.org
Phone #: 1-800-642-8399

Assists with fundraising for people facing transplant or catastrophic injury. They provide consultation and tools to help you launch a fundraising campaign. They hold the funds and distribute to patients for approved medically related expenses. The funds are not taxable income and do not jeopardize participation in assistance programs. Due to them being a nonprofit organization they provide fiscal accountability and tax deductibility for donors. They charge 4% of funds raised. They provide challenge grants.

CHILDREN’S ORGAN TRANSPLANT ASSOCIATION (COTA)
http://www.cota.org
Phone #: 1-800-366-2682

COTA helps families facing organ transplant fundraise by organizing and training your volunteers, planning events and activities, working with local media, and using online and web-based resources for communication and fundraising. They hold the funds and distribute for approved medically related expenses. The funds are not taxable income and do not jeopardize participating in assistance programs. There is no fee for their services. They are a nonprofit organization and offer tax deductibility for donors. They offer challenge grants as well.

GIVE FORWARD
http://www.giveforward.com
Phone #: 312-488-9861

Give Forward helps you create an online page that describe your fundraising efforts. They then promote the pages via e-mail and Facebook. People can donate to your Give Forward Page using credit or debit cards or PayPal accounts. When your fundraiser reaches its end date, Give Forward will send your funds via PayPal transfer or personal check. Families should work closely with a banker to ensure that funds do not jeopardize eligibility for state and federal programs. Give Forward takes a 7% processing fee.

Books
Organ Transplants: What Every Kid Needs to Know, by UNOS- information to make the transplant process easier to understand for elementary-age children in need of an organ transplant.

Now Caitlin Can: A donated organ helps a child get well, by Ramona Wood

How Will They Get That Heart Down Your Throat?: A Child’s View of Transplants, by Karen Walton, Allison Patrice Peterson (Illustrator)

Precious Gifts: Katie Coolican’s Story. Barkley and Eve Explain Organ and Tissue Donation, by Karen L. Carney

Organ Transplants: A Survival Guide for the Entire Family (It Happened to Me) (Hardcover), by Tina P. Schwartz

Return to Table of Contents
Housing Resources

RONALD MCDONALD HOUSE
Address: 1907 Holcombe Blvd. Houston, TX 77030
Phone #: 713-795-3500
http://www.rmhhouston.org

Holcombe House is a home away from home for families whose seriously ill children are being treated at a Texas Medical Center member institution. The House has 50 private bedrooms equipped with two queen size beds and a full bath. Dedicated volunteers provide frequent meals and family activities for residents of the House. The House also has a Houston Independent School District school room for patients and school bus transportation for siblings to area public schools. Additionally, families staying at Holcombe House are provided scheduled weekday van service to Texas Medical Center hospitals and a near-by grocery store.

Eligibility Criteria for staying at the Ronald McDonald House:
• Immediate family members of children age 21 or younger who are hospitalized and/or receiving treatment for serious illnesses at a Texas Medical Center member institution are eligible to stay at the Holcombe House.
• Each family is allowed one room with a maximum of four guests (including the patient).
• There are no income or mileage restrictions for admittance.
• If the parent/caregiver of the patient is under the age of 21, he/she must be accompanied 24/7 by an adult over the age of 21.
• During their stay at RMH Houston all families are provided lodging, many meals, laundry facilities, transportation to and from hospitals, and other services. In order to help cover some of these costs, we request a contribution of $25 per night per room. However, if this presents a hardship for a family, arrangements can be made with the Manager on Duty. No one has ever been turned away from Ronald McDonald House Houston because they couldn’t afford to pay. A family may be admitted to the Holcombe House for a maximum of 45 days during their child’s hospital stay or treatment. After 45 days families are asked to ‘step out’ for a period of 7 days and then are eligible for re-admission.

NORA’S HOME
Address: 8300 El Rio Street. Houston, TX 77054
Phone #: 832-831-3720
http://www.norashome.org

Nora's Home offers affordable lodging for pre-transplant and post-transplant patients who travel to any of the Texas Medical Center transplant centers.

Eligibility Criteria for staying at Nora’s Home:
• Patients receiving treatment in the Texas Medical Center for solid organ transplant and their families. There are no age restrictions for the transplant patient.
• Each family is allowed one room with two queen size beds, a bathroom, with a walk-in shower, TV, dresser, bed side table, and a recliner. There can be a maximum of four guests (including the patient) per room.
• All family members, caregivers, or friends must be over the age of 10 years old that are staying in the room with the patient.
• The cost of a room is $75 per night. Lodging costs can be submitted to any participating insurance providers for reimbursement.
Compliance Agreement

In order to insure the best care possible of (pt’s name) while on the transplant list and after lung transplant, the Lung Transplant team feels that it is proper and necessary to make patients and families aware of our specific expectations regarding pre- and post-transplant medical care. The following lists the multi-disciplinary team’s expectations for your family and you. Schedules for follow-up visits, lab work intervals, as well as specific medication dosing information will be given to you and the primary caregiver(s). A copy of this contract will be kept in (pt’s name) chart and a copy of the contract will be given to your family and you.

1. Timely intervention can be life saving for lung transplant candidates and recipients. It is critical that the Transplant Team is able to get in touch with you at any time to discuss aspects of (pt’s name) medical care. You are responsible for ensuring that the Transplant Team has the most up-to-date demographic information, including each parent’s home address and phone numbers and one back-up phone number for each parent.

2. Frequent medical appointments and lab tests are essential to maintain the health of pre-transplant and transplant patients. Missed appointments without notification put your child’s life potentially at risk and is inconsiderate of the Transplant Team’s valuable time.

You are responsible for:

• Making appointments for clinic visits and lab draws on a schedule directed by your providers before and after transplant.
• Getting to and from your appointments.
• Bringing/obtaining necessary referral information.
• Bringing CDs with recent x-rays with you when requested.

3. If you must miss an appointment, notify the Lung Transplant Team at least 24 hours in advance to reschedule. For re-evaluations (when a great deal of testing must be scheduled), a two week notice of cancellation is requested. No more than two rescheduled re-evaluation visits per year can be accommodated due to our patient load.

4. As a transplant candidate, it is imperative that (pt’s name) is able to be at the hospital within two hours after being called. Failure to arrive in a timely manner can result in a loss of the donor organ. If you go out of town, please contact the lung transplant coordinator and/or provider so that an organ will not be accepted while you are out of town. For a minimum of ninety days post-transplant, the patient must stay in Houston, Texas for follow-up medical care and management. If complications occur, your stay may be extended until it is safe to transition home.

5. You are responsible for giving (pt’s name) his medications as prescribed by his/her provider. We will expect adolescents to take on this responsibility progressively as they mature. These medications include transplant medications, other medications including antidepressants, sleep medications and diabetes medications, if applicable.

6. You are responsible for following any feeding plan recommended by your provider and/or registered dietitian. We strongly recommend that use of new medications prescribed by outside providers or obtained over-the-counter should be discussed with and approved by the lung transplant provider and/or coordinator prior to administration. Drug interactions are important. If refills for a prescribed medication run out, please contact the nurse coordinator days in advance (see below) or check with her if there is any question about the need for continuation.
7. Please discuss any changes in (pt’s name) medications with his/her physicians. (pt’s name) should always have at least a one-week supply of medications on hand. Refills are handled Monday through Friday, 9:00 am—4:00 pm. If you are having difficulty obtaining (pt’s name) medications, you must notify your lung transplant coordinator before your minimum supply runs out. Not giving (pt’s name) his medications will not be tolerated.

8. It is extremely important for you to keep the Lung Transplant Team aware of any changes (both before and after transplant) in (pt’s name) condition, for example, fever (over 101o), diarrhea (more than four times a day), vomiting, difficulty breathing, cough, not acting himself/herself, decreased appetite, weight loss, and/or decreased activity. Each of these events should be reported to the lung transplant provider and/or coordinator by phone within 24 hours of the occurrence. Expect that the medical team will contact you within four hours to further assess and instruct you.

9. All patients and families are expected to keep a paper log of home spirometry (older patients), oximetry values, vital signs, blood sugars if diabetes is present and to send to the transplant coordinator on an agreed upon schedule. Communication can be by fax, email or regular US mail. If a requested monitored number is significantly out of line (such as 10% drop in FEV1), a timely phone communication is necessary.

10. Any time that you have questions and/or concerns related to the (pt’s name) medical care, contact the transplant coordinator by phone, 832-822-1566, 832-822-1557, or 832-822-1558, or the lung transplant caregiver on-call at 832-824-2099 within a few hours of any clinical occurrence.

11. Please return all phone calls from the lung transplant/medical team within two hours. Your phone must be functional including the ability to receive voice messages. Timely and clear communication between the Lung Transplant Team and the patient and family is vital. Please call with any questions or for clarification if you are unsure about anything.

12. When important expectations are not met, a warning will first be given. The second occurrence in failure to comply with the stated expectations may result in a CPS referral and/or deactivation from the transplant list. This has rarely happened in the 12 years of our program, but we want to ensure the patient is receiving the medical care they need.

13. Healthy parents are essential to maintain the health of our transplant patients. Parent(s)/caregiver/ legal guardian agree to practice self-care and seek medical and/or counseling services as needed for themselves as recommended by the Lung Transplant Team. Please contact your social worker for referrals. Parents are responsible for their own medications and establishing medical care for themselves while in Houston.

14. We consider the emotional and mental health of our patients to be a high priority and strongly connected to good transplant outcomes. For that reason, a pediatric psychologist has been a member of our team from its inception. Psychology evaluations are not optional. Psychotherapy when deemed to be necessary is not optional. We understand that some insurance does not include as generous coverage for mental health care as we would like. Our financial counselor will work with families when this issue arises. Depression before or after transplant is NOT a contraindication to transplant. We consider depression to be treatable and will follow through when this diagnosis is considered.

15. When a patient is appropriately and medically cleared for school, the child must be enrolled in an academic program such as home-school, homebound, or an on-campus school. Lung transplantation is not performed in our program so that children can live in a cocoon. We expect our patients to live a “near normal” life and that includes school attendance. Please contact your social worker for referrals and/or assistance.

16. Up to date vaccinations for the patient and all family members are important and necessary for the prevention of infectious diseases. The Lung Transplant Team believes strongly in vaccinations and will provide a schedule for (pt’s name). The flu vaccination is mandatory for all members of the household on an annual basis.
In order to have my child's name placed on the transplant list, I understand that I need to demonstrate adherence with the contract outlined above. Few organs are available for transplant and donor family generosity must be honored. For this reason, I acknowledge that I have responsibility to take very good care of (pt's name) to prove that he is an appropriate candidate and that his family support system can and will provide necessary post-transplant care. I am aware that (pt's name) may not receive an organ transplant if I do not show the Lung Transplant Team that I, (pt's name), and my parents/caregivers are capable of taking care of (pt's name). We will work closely with the Lung Transplant Team in a coordinated effort to make sure this contract is fulfilled, both pre- and post-transplant.

If you have any questions and/or concerns related to the above expectations, contact the social worker at 832-824-1954.

By signing this contract I acknowledge that I have read and reviewed the expectations set by the Lung Transplant Team.

__________________________________________  ____________________________________________
Primary Caregiver #1                                Primary Caregiver #2

__________________________________________  ____________________________________________
Transplant Coordinator                             Social Worker

__________________________________________  ____________________________________________
Physician/Nurse Practitioner                        Patient

__________________________________________
Date
## Abercrombie Building Directory

### Red Elevators - Levels B1 - 7

<table>
<thead>
<tr>
<th><strong>Level B1</strong></th>
<th><strong>Level 2</strong></th>
</tr>
</thead>
</table>
| - CHI St. Luke’s  
- Bertner Cafe  
- Texas Children's Hospital Auditorium | - CHI St. Luke’s  
- Gastrointestinal Procedure Suite (GIPS) |

<table>
<thead>
<tr>
<th><strong>Level 1</strong></th>
<th><strong>Level 3</strong></th>
</tr>
</thead>
</table>
| - ATM  
- CHI St. Luke’s  
- Gift Shop  
- Health Information Management (HIM) (Medical Records)  
- International Services  
- McDonald’s  
- Model Train Exhibit (Choo-Choo Hut)  
- Security Service Center  
- Valet / Drop Off  
- Volunteer Services  
- Welcome / Information desk | - CHI St. Luke’s  
- Bridge to Texas Children’s Hospital West Tower |

<table>
<thead>
<tr>
<th><strong>Level 4</strong></th>
<th><strong>Level 5</strong></th>
</tr>
</thead>
</table>
| - CHI St. Luke’s  
- Ronald McDonald’s House  
- The Children’s Garden | - 5 North Inpatient Unit  
- Employee Health and Wellness |

<table>
<thead>
<tr>
<th><strong>Level 6</strong></th>
<th><strong>Level 7</strong></th>
</tr>
</thead>
</table>
| - 6 North Inpatient Unit | - Clinical Research Center (CRC)  
- 7 North Inpatient Unit  
- 7 South Inpatient Unit |

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From 9pm to 6am, all visitors must check in with Security on Level 1 of West Tower Main Lobby. Please use the Bellow Dr./valet line crosswalk on Level 1 to access.

De 9pm a 6am, todos los visitantes deben registrarse con el Servicio de Seguridad en el primer nivel de West Tower Lobby (entrada principal).

Por favor, ingrese a través del pasillo de la Calle “Bellows”, frente a la línea para servicio valet en el nivel 1.
## Clinical Care Tower Directory

### Public Elevators - Levels 1 - 17

<table>
<thead>
<tr>
<th>Level 1</th>
<th>Level 8</th>
<th>Level 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Garage Elevators - Levels B4-3</td>
<td>• Dermatology</td>
<td>• Cancer and Hematology Centers</td>
</tr>
<tr>
<td>• Information Station</td>
<td>• Orthodontics</td>
<td></td>
</tr>
<tr>
<td>• Public Elevators - Levels 1-17</td>
<td>• Pediatric Orthopedics &amp; Scoliosis</td>
<td></td>
</tr>
<tr>
<td>• Valet / Drop Off</td>
<td>• Pediatric Radiology</td>
<td></td>
</tr>
<tr>
<td>• Welcome / Information Desk</td>
<td>• Pediatric Surgery</td>
<td></td>
</tr>
<tr>
<td>Level 3</td>
<td>• Pediatric Urologic Surgery</td>
<td></td>
</tr>
<tr>
<td>• ATM</td>
<td>• Plastic Surgery</td>
<td></td>
</tr>
<tr>
<td>• Beanstalk Coffee Shop</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Bridge to West Tower and Pavilion for Women</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Conference Center</td>
<td>Level 9</td>
<td>Level 16</td>
</tr>
<tr>
<td>• Food Court</td>
<td>• Allergy and Immunology</td>
<td>• Bariatric Surgery Clinic</td>
</tr>
<tr>
<td>• Garage Elevators - Levels B4-3</td>
<td>• Asthma Center</td>
<td>• Genetics</td>
</tr>
<tr>
<td>• Gift Shop</td>
<td>• Blue Bird Circle Clinic for Pediatric Neurology</td>
<td>• Infectious Disease</td>
</tr>
<tr>
<td>• Information Station</td>
<td>• Pediatric Neurosurgery</td>
<td>• Pain Management Clinic</td>
</tr>
<tr>
<td>• Infusion Center</td>
<td>• Pulmonary Diagnostic Clinic</td>
<td>• Physical Medicine and Rehabilitation</td>
</tr>
<tr>
<td>• Outpatient Laboratory</td>
<td>• Pulmonary Medicine</td>
<td>• Psychology Service</td>
</tr>
<tr>
<td>• Outpatient Pharmacy</td>
<td>Level 11</td>
<td>• Spina Bifida Clinic</td>
</tr>
<tr>
<td>• Public Elevators - Levels 1-17</td>
<td>• Adolescent Gynecology</td>
<td></td>
</tr>
<tr>
<td>• Welcome / Information Desk</td>
<td>• Adolescent Medicine</td>
<td>Level 17</td>
</tr>
<tr>
<td>Level 4</td>
<td>• Diabetes</td>
<td>• Child Protective Health Clinic</td>
</tr>
<tr>
<td>• Pediatric Radiology</td>
<td>• Endocrinology</td>
<td>• Feeding Disorders</td>
</tr>
<tr>
<td>Level 5</td>
<td>• Gastroenterology, Hepatology, Nutrition</td>
<td>• International Adoption</td>
</tr>
<tr>
<td>• Audiology</td>
<td>• Physical Therapy Gym</td>
<td>• Junior League Children’s Health Care Clinic</td>
</tr>
<tr>
<td>• Ophthalmology</td>
<td>• Renal</td>
<td>• Program For Healthy Bodies</td>
</tr>
<tr>
<td>• Otolaryngology (ENT)</td>
<td>• Rheumatology</td>
<td>• Psychiatry Services</td>
</tr>
<tr>
<td>• Pediatric Dentistry Clinic</td>
<td>• Sports Medicine Clinic</td>
<td>• Residents’ Primary Care Group</td>
</tr>
<tr>
<td>• Speech, Language and Learning</td>
<td>• Young Women’s Clinic</td>
<td>• Retrovirology</td>
</tr>
<tr>
<td>Level 7</td>
<td>Level 9</td>
<td>• Special Needs Primary Care</td>
</tr>
<tr>
<td>• Ambulatory Surgery</td>
<td>Level 17</td>
<td>• Travel Medicine</td>
</tr>
</tbody>
</table>

Go to Level 1 or 3 to access elevators to Parking Garage 16, Levels B1-B4

Return to Table of Contents
West Tower Directory

Express Elevators - Levels 1, 3, 16 -21

**Level 1**
- Emergency Center (EC)
- Pediatric Radiology
- Valet / Drop Off
- Welcome/Information Desk

**Level 3**
- Admissions
- Ambulatory Surgery/ Surgery Admissions & Waiting
- Bridge to Clinical Care Tower and Pavilion for Women
- Children's Chapel
- Gift Shop
- Language Services
- Pediatric Intensive Care Unit (PICU)
- Post-Anesthesia Care Unit (PACU)

**Level 16**
- Beauty Salon
- Family Laundry
- Family Resource Center
- HISD Classrooms
- Phi Beta Pi Library
- Radio Lollipop/Kids' Own Studio
- The Child Life Zone

**Level 17**
- Cardiovascular Intensive Care Unit (CVICU)
- Cardiovascular Surgery
- Ronald McDonald® Family Room
- Waiting Room (CVICU)

**Level 18**
- Cardiac Catheterization Lab
- Cardiovascular Intensive Care Unit (CVICU)
- Cardiovascular Surgery

**Level 20**
- Heart Center Clinic

**Level 21**
- Neurophysiology
- Physical Medicine and Rehabilitation
- Sleep Lab

Go to Levels 1, 3 or 16 to access the Public Elevators to Levels B2-16

*From 9pm to 6am, all visitors must check in with Security on Level 1 of West Tower Main Lobby.*

*De 9pm a 6am, todos los visitantes deben registrarse con el Servicio de Seguridad en el primer nivel de West Tower Lobby (entrada principal).*

Return to Table of Contents
West Tower Directory

Public Elevators - Levels B2 - 16

Go to Levels 1, 3 or 16 to access the Express Elevators to Levels 16-21

From 9pm to 6am, all visitors must check in with Security on Level 1 of West Tower Main Lobby.

De 9pm a 6am, todos los visitantes deben registrarse con el Servicio de Seguridad en el primer nivel de West Tower Lobby (entrada principal).
# When To Contact the Transplant Team

## Vital Signs
- Changes in vital signs (blood pressure or heart rate decreases or elevations)
- Heart rate becomes rapid at rest, is irregular, or is pounding
- Difficulty breathing (abdominal breathing, making grunting noises)
- Increased cyanosis (blueness)
- Decreased oxygen saturation level

## Gastrointestinal/Genitourinary Problems
- Increased abdominal size, abdominal pain, or swelling
- Persistent vomiting, diarrhea, or severe abdominal pain
- Vomiting blood
- Blood present in vomit or bowel movement (coffee ground-like or red vomit; dark tarry or bright red bowel movement)
- Bloody urine
- Decrease in urine output (decreased frequency or amount)
- Difficulty or pain when emptying bladder

## Activity
- Decrease in activity level (not keeping up like normal)
- Decreased exercise tolerance
- Sleeping more than usual
- Decrease in appetite
- Irritability

## Miscellaneous
- Sweating more than usual
- Jaundice (yellowing of the eyes/skin)
- Persistent or severe headaches
- Bloody sputum (mucus)
- Swelling/retaining fluid (if feet, legs, hands, or eyelids swell)
- If you must leave town for an emergency
- Prior to having any dental work done, including routine cleaning (antibiotics may be needed)

## Illness and Medication
- Fever of 101° or higher (or extremely low temperatures less than 96°)
- Cough, congestion, or runny nose
- Exposure to chicken pox, shingles, measles, mumps, TB, or hepatitis
- Redness or drainage in or around incision or any open wound
- If a dose of medication is missed
- Difficulty obtaining medications (notify team BEFORE supply will run out)
- Before starting any new medications (including over the counter medications)
- If a doctor tells you to change or stop a medication (ask the transplant team before making the changes)
- Medication changes, illnesses, or hospitalizations

## Contact Information

**MONDAY-FRIDAY, 8:00AM-4:30PM:**
**Non-urgent Issues:** Contact your transplant coordinator by phone or email.
**Urgent Issues:** Call 832-824-2099 and request to have your transplant coordinator paged (Toll-free number is 1-800-364-5437). If you do not receive a return call within 30 minutes, please try again as technical difficulties do sometimes occur.

**AFTER HOURS, WEEKENDS, OR HOLIDAYS:**
**Non-urgent Issues:** Email your transplant coordinator.
**Urgent Issues:** Call 832-824-2099 and request to have the transplant physician on call paged (Toll-free number is 1-800-364-5437). If you do not receive a return call within 30 minutes, please try again as technical difficulties do sometimes occur.

For a true medical emergency, such as difficulty breathing or change in responsiveness, please call 911.