



Living Donor Liver Transplant

PRE-OPERATIVE DAY

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- You will be admitted to the 14 West Floor.
- Information related to your medical and surgical history, including all medications you are currently taking, will be obtained.
- You will have blood drawn for a variety of routine tests including a pregnancy test for women.
- You will have a chest x-ray and EKG taken.
- You will be able to eat a regular dinner. You will not be able to eat or drink anything after midnight.
- An anesthesiologist will interview you to determine your plan of care for surgery.

LIVER TRANSPLANT - LIVING DONOR

DAY 0 (Day of Surgery)

DAY: _____ **DATE:** _____

PRE-OPERATIVE

THINGS TO EXPECT TODAY

- You will not be able to eat or drink anything before surgery.
- You will be given an antibiotic as a preventative measure before you go to the Operating Room.
- You will be in the Operating room for several hours.

POST-OPERATIVE

THINGS TO EXPECT TODAY

- You will wake up from your surgery in the Transplant Intensive Care Unit (ICU), where your nurses will closely monitor your condition.
- When you wake up, you will have a breathing tube in place which will prevent you from being able to speak. This tube will be connected to a ventilator which assists you in breathing. The nurse in the Transplant ICU will be able to communicate with you even though you cannot speak at first, as she has plenty of practice similarly to how the dentist can understand what you are saying while all the instruments are in your mouth. When you are awake enough, and if tests show that you are able to breath on your own, this tube will be removed.
- If you have pain, let your nurse know immediately.
- You have various tubes, catheters, and intravenous catheters (IV's). You can expect that they will be removed over the next few days. The team will keep you informed as to when each tube, catheter, and IV will be removed.
- You will have blood drawn for a variety of routine tests and Chest X-rays taken.
- You will have a Sequential Compression Devise (SCD) or anti-embolism elastic stockings on your legs to prevent inflammation (phlebitis) and the formation of blood clots (thrombus) in your legs.
- You will be on bed rest with the head of the bed up and you will not be able to turn.

LIVER TRANSPLANT - LIVING DONOR

DAY 1

DAY: _____ DATE: _____

THINGS TO EXPECT TODAY

- You will wake up from your surgery in the Transplant Intensive Care Unit (ICU), where your nurses will closely monitor your condition.
- When you wake up, you will have a breathing tube in place which will prevent you from being able to speak. This tube will be connected to a ventilator which assists you in breathing. The nurse in the Transplant ICU will be able to communicate with you even though you cannot speak at first, as she has plenty of practice similarly to how the dentist can understand what you are saying while all the instruments are in your mouth. When you are awake enough, and if tests show that you are able to breathe on your own, this tube will be removed.
- If you have pain, let your nurse know immediately.
- You have various tubes, catheters, and intravenous catheters (IV's) as described above. You can expect that they will be removed over the next few days.
- You will be given a suppository to help you move your bowels.
- You will have blood drawn for a variety of routine tests and Chest X-rays taken.
- You will have the dressing that covers your incision changed.
- You will be on bed rest with the head of the bed up and you will not be able to turn.
- Your nurse will “clap” on your back frequently while you are sitting up. You will also be encouraged to cough, take deep breaths and use the incentive spirometer. An incentive spirometer is a plastic piece of equipment that helps you take deep breaths. Every patient receives their own incentive spirometer.
- A Social Worker will meet with you, your family, and/or your significant other to assess discharge follow-up needs.

MORNING

- Sit up in bed. After the breathing tube is removed, you will be encouraged to stay awake and do the coughing and deep breathing exercises that your nurse will demonstrate.

- Use your incentive spirometer at least ten times each hour that you are awake.
How high did you get the incentive spirometer this time? _____
- If you have pain, tell your nurse.
- Your nurses will help you put on a special pair of SCD boots or anti-embolism elastic stockings.
- Ask your nurse about your pain management program.
- The nursing staff will be available to answer all your questions and concerns.

AFTERNOON

- Your breathing tube may be out.
- You will have a tube in your stomach to drain extra fluids and air in your stomach.
You will not be able to eat until the tube comes out four days after surgery.
- The nurse will assist you with mouth care.
- Use your incentive spirometer at least ten times each hour that you are awake.
- Do the coughing and deep breathing exercises that the nurse showed you after you use the incentive spirometer.
- The nursing staff will be available to answer all your questions and concerns.

EVENING/NIGHTS

- If you have pain, tell your nurse.
- Use your incentive spirometer at least ten times each hour that you are awake.
How high did you get the incentive spirometer this time? _____ Follow this with coughing and deep breathing exercises.
- You will be weighed this evening.
- Please inform the staff if you have any concerns or questions.

GREAT JOB! HAVE A GOOD NIGHT SLEEP!

LIVER TRANSPLANT - LIVING DONOR

DAY 2

DAY: _____ DATE: _____

THINGS TO EXPECT TODAY

- You may be transferred from the ICU to a regular room where the nurses will continue to monitor you. A smaller IV will be placed in your arm or hand.
- You will have various tubes and catheters removed.
- You will have blood tests done.
- You will have the dressing that covers your incision changed.
- You will be helped out of bed to the chair.
- Your nurse will assist you with deep breathing and coughing exercises.
- Your nurse will encourage you to stay out of bed for longer periods of time and to walk. This is an important part of your recovery.
- The SCD boots or anti-embolism elastic stockings will be removed while out of bed.
- The Social Worker may meet with you, your family, and/or your significant other to continue planning for your discharge. Ask your nurse to contact the Social Worker.

MORNING

- You will be assisted out of your bed to sit in a chair. Your nurse will show you how to do “marching in place” exercises.
- If the tube in your nose is removed you will be able to have sips of water.
- If you have pain, tell your nurse
- Use your incentive spirometer at least ten times each hour that you are awake. How high did you get the incentive spirometer this time? _____
- Continue to do your breathing exercises (coughing and deep breathing) and turn side to side while in bed every two hours as these activities are a very important part of your recovery.
- You will have the Foley catheter in your bladder removed. You will need to save your urine in a urinal or urine hat so that we can measure your urine output.
- The nursing staff will be making rounds. If you need something, please ask.

AFTERNOON

- If you have pain, tell your nurse.

- Use your incentive spirometer at least ten times each hour while you are awake.
- Begin to increase your physical activity as directed by your nurse. Try to walk around the unit with your nurse's help.
- Do you know when you will be discharged?

EVENING/NIGHT

- If you have pain, tell your nurse
- Sit in the chair. If you need assistance, call the nursing staff for help.
- Use your incentive spirometer at least ten times each hour while you are awake.
How high did you get the incentive spirometer this time?_____
- You will be weighed this evening.
- The nursing staff will be making rounds. If you need something, please ask.

GREAT JOB! HAVE A GOOD NIGHT SLEEP!

LIVER TRANSPLANT - LIVING DONOR

DAY 3

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- You will have morning blood tests done.
- The dressing that covers your incision will be changed.
- Your nurse will encourage you to stay out of bed for longer periods of time. This is an important part of your recovery. Continue to walk around the unit. If you need assistance, ask the nursing staff.
- You will no longer need SCD boots or anti-embolism elastic stockings while in bed.
- Your Social Worker will continue to discuss with you, your family and/or your significant other any follow-up care needs. Please feel free to address any new issues that may arise.

THINGS TO DO TODAY

Increase your physical activity as directed by your nurse.

MORNING

- Sit in the chair and you will be assisted to wash up.
- You will likely be given regular food. Even if you are not hungry, try to eat. It is important for your recovery.
- Use your incentive spirometer at least ten times per hour while you are awake. How high did you get the incentive spirometer this time? _____
- Continue to do your breathing exercises (coughing and deep breathing) and turn side to side every two hours while in bed as these activities are a very important part of your recovery!
- Walk in the hall and ask your nurse for assistance if needed.
- Save your urine. The nursing staff will be measuring it.
- The nursing staff will be making rounds. If you need something please ask.

AFTERNOON

- Sit in the chair when you eat lunch. The longer you are out of bed, the better. It helps improve your lungs and circulation.
- Use your incentive spirometer at least ten times every hour while you are awake.

- Take another walk in the hallway with family, friends or a member of the nursing staff. If you need assistance, ask the nursing staff.
- The nursing staff will be making rounds. If you need something please ask.

EVENING/NIGHT

- Sit in the chair to eat dinner. If possible, have your family or friends bring in something you like to eat. You can eat anything right now. It is very important that you eat enough calories and protein so that your wounds are able to heal.
- You will be weighed this evening.
- Walk in the hallway ask your nurse for assistance if needed. How far did you go today?_____
- Continue to use incentive spirometer ten times each hour. Follow with coughing and deep breathing.
- What questions do you have related to your discharge plan?
- Write down your questions so you will remember to ask someone to answer them.
- The nursing staff will be making rounds. If you need something please ask.

GREAT JOB! HAVE A GOOD NIGHT SLEEP!

LIVER TRANSPLANT - LIVING DONOR

DAY 4

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- You will have morning blood tests done.
- The tube in your stomach will be removed today. You will start with a clear liquid meal and advance to solid foods as tolerated.
- You will be planning for discharge with the Social Worker, the Nurse Practitioner and your nurses. All discharge concerns/problems should be addressed at this time.
- The Social Worker will continue discharge planning.

THINGS TO DO TODAY

Continue to increase your physical activity as tolerated.

MORNING

- Wash-up as recommended by your nurse.
- Ask your doctors if you are going home three days from today.
- Sit in the chair to eat your breakfast.
- Use your incentive spirometer ten times every hour while you are awake. How high did you get the incentive spirometer? _____ Continue to do coughing and deep breathing exercises.
- Take a walk. Try to increase your activity.
- Save your urine so that it can be measured.
- The nursing staff will be making rounds. If you need something please ask.

AFTERNOON

- Sit in the chair to eat lunch. The better you eat, the better you heal.
- Use your incentive spirometer ten times every hour.
- Walk around the hallway or out to the solarium for a change of scenery. If you need assistance, ask the nursing staff.
- Continue thinking about your needs at home after you are discharged. Talk with your nurse, social worker or transplant coordinator about these concerns.
- The nursing staff will be making rounds. If you need something please ask.

EVENING/NIGHTS

- Continue to use your incentive spirometer ten times every hour.
- You will be weighed this evening.
- Walk in the hallway.
- Sit in the chair to eat dinner.
- Speak with your Social Worker about arranging transportation home on your day of discharge.
- The nursing staff will be making rounds. If you need something please ask.

GREAT JOB! HAVE A GOOD NIGHT SLEEP!

LIVER TRANSPLANT - LIVING DONOR

DAY 5

DAY: _____ DATE: _____

THINGS TO EXPECT TODAY

- Morning bloods will be drawn.
- You may be able to shower with assistance.
- Discharge planning will continue.

THINGS TO DO TODAY

Continue your discharge planning with the social worker, nurse and nurse practitioner. Continue to plan for going home. Write down any questions you, your family, and/or your significant other have.

MORNING

- Ask your nurse if you can take a shower. If not, you will continue to wash up in the bathroom.
- Sit in the chair to have some breakfast. The longer you are out of bed, the better for your recovery.
- Use your incentive spirometer ten times every hour.
- Take a walk around the hallway. See if you can go farther than you did yesterday.
- The nursing staff will be making rounds. If you need something please ask.

AFTERNOON

- Sit in the chair to have some lunch—the better you eat, the better you heal.
- Use your incentive spirometer ten times every hour.
- Continue to walk in the hallway. Try to go farther than you did this morning.
- The nursing staff will be making rounds. If you need something please ask.

EVENING/NIGHTS

- Sit in the chair to have some dinner.
- You will be weighed this evening.
- Use the incentive spirometer ten times per hour.
- Don't forget the evening walk in the hallway. No matter how tired you may feel, the walk will help your recovery.
- Write down any questions you have for the doctor or nurse.
- The nursing staff will be making rounds. If you need something please ask.

GREAT JOB! HAVE A GOOD NIGHT SLEEP!

LIVER TRANSPLANT - LIVING DONOR

DAY 6

DAY: _____ DATE: _____

THINGS TO EXPECT TODAY

- Continue walking in the hallway.
- Continue to discuss discharge concerns and problems with your nurse, social worker and nurse practitioner
- Speak with your nurse or nurse practitioner about getting medications you may need for discharge.

THINGS TO DO TODAY

Confirm with you nurse or nurse practitioner a discharge time for the next morning.

MORNING

- Sit in the chair to have your breakfast. The longer you are out of bed, the better for your recovery.
- Use your incentive spirometer ten times every hour.
- Ask your nurse if you can shower if you haven't already. If not, walk to the bathroom and wash up.
- The nursing staff will be making rounds. If you need something please ask.

AFTERNOON

- Sit in the chair to have lunch. The better you eat, the better you heal.
- If possible, have most of your belongings brought home for you.
- Confirm transportation home. Plan for an early morning discharge.
- The nursing staff will be making rounds. If you need something please ask.

EVENING/NIGHTS

- Sit in the chair to have dinner.
- Use your incentive spirometer ten times every hour.
- You will be weighed this evening.
- Go for a walk in the hallway-keep moving!
- Review discharge instructions the team. Ask any remaining questions.
- The nursing staff will be making rounds. If you need something please ask.

SLEEP WELL!

LIVER TRANSPLANT - LIVING DONOR

DAY 7

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- Continue to gradually increase your activity level.
- Continue with your incentive spirometer.
- Your IV will be discontinued
- Your Social Worker, nurse or nurse practitioner will review referrals and discharge plan and follow-up with you, your family and/or your significant other.
- You will be discharged.

MORNING

- Shower or wash up.
- Sit in the chair to have breakfast.
- Review the discharge plan with your nurse and sign it. Ask any final questions.
- Find out when you need to return for a follow-up visit.
- After discharge from the hospital, please do not contact the 14 West floor with questions or concerns regarding your care. They will not be able to assist you in your needs. **For any questions or concerns regarding your care after discharge from the hospital, call the transplant clinic at 212-263-8134.**

GET HOME SAFE!