



## **Living Recipient Liver Transplant**

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### **PRE-OPERATIVE DAY**

**DAY:**\_\_\_\_\_ **DATE:**\_\_\_\_\_

#### **THINGS TO EXPECT TODAY**

- You will be admitted to the 14West Transplant Intensive Care Unit (ICU).
- 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 have a special type of intravenous catheter (IV) placed in an artery in your wrist and a vein in your neck. These will be used to monitor your heart, lungs and blood pressure.
- 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.

## LIVING RECIPIENT- LIVER TRANSPLANT

**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 sent to the Operating Room accompanied by the physician or nurse practitioner with various intravenous catheters (IV's).
- 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 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, notify your nurse immediately.
- 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 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 have blood drawn for a variety of routine tests and Chest X-rays taken.

## LIVING RECIPIENT- LIVER TRANSPLANT

DAY 1

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

### THINGS TO EXPECT TODAY

- You will still be in the Transplant ICU, where your nurses will closely monitor your condition.
- You will still 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, notify your nurse immediately.
- You will have various tubes, catheters, and IV's as explained above. You can expect that they will be removed over the next few days.
- 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 helped out of bed to the chair.
- Your nurse will “clap” on your back frequently and will encourage you 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.
- You will have an ultrasound of your new liver.
- You will be given a Post Transplant information guide booklet.
- A Social Worker will meet with your you, your family, and/or your significant other to assess discharge follow-up needs.
- A Nutritionist will meet with you, your family, and/or your significant other to assess your nutritional status and needs.

### MORNING

You will be on bed rest and will not be able to turn from side to side today.

- 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.
- When the breathing tube is removed, use your incentive spirometer at least ten times each hour that you are awake. How high did you get the incentive spirometer this time? \_\_\_\_\_
- Your nurse will help you put on your SCD boots your 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 nurse will help reposition you in bed.
- You will be able to have sips of clear liquids if the tube in your nose has been removed.
- Use your incentive spirometer at least ten times each hour that you are awake.
- Do the coughing and deep breathing exercises after you use the incentive spirometer.
- You will have an ultrasound of your new liver.
- The nursing staff will be available to answer all your questions and concerns.

### **EVENINGS/NIGHTS**

- If you have pain, tell your nurse immediately.
- Use your incentive spirometer at least 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 MAY have clear liquids for dinner.
- Please inform the staff if you have any questions or concerns.
- Your SCD boots or your anti-embolism elastic stockings will be removed before you go to sleep.
- You will be weighed this evening.
- The nursing staff will be available to answer all your questions and concerns.

**GREAT JOB! HAVE A GOOD NIGHT SLEEP!**

**NOTE:** If you do not have a thermometer and blood pressure machine, arrange to have one brought to the hospital for you if it is possible.

## LIVING RECIPIENT- LIVER TRANSPLANT

**DAY 2**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### THINGS TO EXPECT TODAY

- You will still be in the Transplant ICU, where your nurses will closely monitor your condition.
- You will still have various tubes, catheters and IV's. You can expect that some of them may be removed today.
- 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 helped out of bed to the chair but will still not be able to turn from side to side while in bed.
- You may be visited by a Physical Therapist who will help you with deep breathing and coughing exercises. Your nurse will continue to help with this also.
- Your nurse will encourage you to stay out of bed for longer periods of time. This is an important part of your recovery.
- The doctor or nurse practitioner will change the IV line in your neck.
- You will have SCD boots or your anti-embolism elastic stockings on your legs.
- 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.

### THINGS TO DO TODAY

Begin to review your teaching packet. Read the section on Medications so you can start to learn about them.

### MORNING

- You will be assisted to sit in the chair. Your nurse will show you how to do “marching in place” exercises.
- It is important that we know when your normal bowel activity has returned. Let your nurse know if your belly begins to rumble, grumble or if you expel gas.
- Your diet will be advanced from clear liquids as tolerated. Even if you are not hungry, try to eat. It is important for your recovery.

- 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), as these activities are a very important part of your recovery!
- Read the section in your packet on **MEDICATIONS**. Ask your nurse what the names of the medications you are taking.
- The nursing staff will be available to answer all your questions and concerns.

### **AFTERNOON**

- You will be assisted to sit in the chair. If you have pain, tell your nurse.
- Use your incentive spirometer at least ten times each hour while you are awake.
- While you are out of bed, perform “marching in place exercises” your nurse taught you to do.
- Begin to increase your physical activity as directed by your nurse.
- Do you know when you will be discharged?
- The nursing staff will be available to answer all your questions and concerns.

### **EVENING/NIGHT**

- You will be assisted to sit in the chair. If you have pain, tell your nurse.
- 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.
- Continue to learn about your medication. Do you know the names and how often you should take them?
- If a significant other or family member will be caring for you after your discharge, make sure they read the discharge packet.
- Please notify the staff if you have questions or concerns.

**GREAT JOB! HAVE A GOOD NIGHT SLEEP!**

## LIVING RECIPIENT- LIVER TRANSPLANT

DAY 3

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

### THINGS TO EXPECT TODAY

- You may be transferred to the post-operative unit where the nurses will closely monitor you.
- You will have morning and evening 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.
- You will have SCD boots or your anti-embolism elastic stockings on your legs.
- You are expected to review your medications and discharge teaching packet.
- You may be instructed by the nurse on how to take your own temperature and blood pressure.
- 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

Review the information in your Discharge Packet on medications. A nurse, nurse practitioner or pharmacist is available to answer questions about medications. Your nurse will ask you questions about them. Read the information on the immune system and rejection.

### MORNING

- Sit in the chair and you will be assisted to wash up.
- Eat breakfast - regular food today!
- 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 2 hours while in bed as these activities are a very important part of your recovery!
- Walk with help outside the unit in the hall. Can you walk farther than you did yesterday?

- Read the section in the discharge packet on the **IMMUNE SYSTEM** and **REJECTION**.
- Save your urine in the container the nursing staff provided you, if the Foley catheter in your bladder has been taken out. The nursing staff will be measuring your urine.
- The nursing staff will be available to answer all your questions and concerns.

### **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.
- Ask your nurse for a copy of the Post Transplant Information Guide booklet if you do not already have one. You will begin to review your booklet with your nurse or nurse practitioner and family to prepare you for discharge.
- Your nurse will quiz you on your anti-rejection medications. Can you name your anti-rejection medications?
- Reread the information on rejection. What are the signs and symptoms of rejection?
- The nursing staff will be available to answer all your questions and concerns.

### **EVENING/NIGHT**

- Sit in the chair and eat dinner. Ask your nurse if your family or friends can bring in foods you like to eat. You can likely 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.
- Walk in the hallway with assistance. How far did you go today?\_\_\_\_\_
- Continue to use incentive spirometer ten times each hour. Follow with coughing and deep breathing.
- Review your discharge booklet. What questions do you have on your medications? Write down your questions so you will remember to ask someone to answer them.
- If you are wearing SCD boots or your anti-embolism elastic stockings, make sure they are off before you go to bed.
- Notify the staff if you have questions or concerns.

**GREAT JOB! HAVE A GOOD NIGHT SLEEP!**

## LIVING RECIPIENT- LIVER TRANSPLANT

**DAY 4**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### THINGS TO EXPECT TODAY

- You will still have morning and evening blood tests done.
- You may be moved to a regular room today.
- If your blood sugar remains high after the transplant, you may need to see the Diabetes Educator and Nutritionist for teaching. Ask your nurse.
- The nurse may review how to take your temperature and blood pressure.
- 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

Remember to get adequate rest. It will aid in the healing process. Please ensure that your visits are scheduled accordingly and that your visitors respect your need to rest.

Read the section in your discharge packet on INFECTION. Take your blood pressure and your temperature with your nurse's supervision.

### MORNING

- Wash-up and make sure you are wearing your SCD boots or anti-embolism stockings.
- 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. If you need assistance, ask the nursing staff. Try to increase your activity.
- Continue to review your discharge booklet. Review the section on infection
- Save your urine in the plastic container provided for you by the staff, if the Foley catheter in your bladder is out. Your urine is saved 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.
- List the names of your anti-infection medications. If you would like to speak with a Pharmacist about your medications, please let your nurse know.
- What are the signs and symptoms of an infection? If your temperature is 101°, what should you do?
- Continue to review your post transplant information booklet.
- Watch the liver transplant video on the hospital education channel. Can you answer the questions that are in your packet?
- Continue thinking about your needs at home after you are discharged. Talk with your nurse, social worker or transplant coordinator about these concerns.
- Diabetic teaching if indicated. Practice taking blood sugar and giving insulin with your nurse, pharmacist or diabetic educator.
- The nutritionist will meet with you and your family and review dietary restrictions.
- 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 around the hallway. If you need assistance, ask the nursing staff.
- Sit in the chair to eat dinner.
- Speak with your Social Worker about arranging transportation home on your day of discharge.
- If you are wearing SCD boots or your anti-embolism elastic stockings, make sure they are off before you go to bed.
- Practice taking your blood pressure and temperature
- The nursing staff will be making rounds. If you need something please ask.

**GREAT JOB! HAVE A GOOD NIGHT SLEEP!**

## LIVING RECIPIENT- LIVER TRANSPLANT

DAY 5

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

### THINGS TO EXPECT TODAY

- Morning bloods will be drawn.
- You will be going for a test called a T-Tube Cholangiogram. This test looks at the bile flow in the new liver.
- After the Cholangiogram, the doctor may clamp your T-tube.
- You may be able to shower with assistance after your T-tube is clamped. Ask your nurse.
- Continue diet planning with the Nutritionist.
- If needed, a Diabetic Educator, nurse, or pharmacist will reinforce diabetes teaching.
- Discharge planning will continue.
- You may have the drain in your abdomen removed today.

### THINGS TO DO TODAY

Make sure you know the names, doses and side effects of your medications. Continue to review your post transplant information guide booklet ask any questions that you may have.

### MORNING

- Ask your nurse if you can take a shower. If not, go to the bathroom and get washed up.
- Make sure you are wearing SCD boots or your anti-embolism elastic stockings are on your legs, if your nurse feels they are needed.
- Sit in the chair and 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.
- Continue to plan for going home. Write down any questions you or your family have.
- You should be able to identify the names, dose, purpose and side effects of all of your medications. Do you have any questions about them? If you do, speak with your nurse or pharmacist.

- If you need instruction for diabetes, make sure that you speak with the Diabetes Educator.
- The nursing staff will be making rounds. If you need something please ask.

### **AFTERNOON**

- Review your discharge booklet. Ask questions!
- Sit in the chair and 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.
- Do you know the signs and symptoms of rejection? If you don't, reread that section in your packet
- Your nurse will show you how to take your blood pressure and temperature so you feel comfortable doing it when you get home. Do you know when you should call the Transplant Team?
- The nursing staff will be making rounds. If you need something please ask.

### **EVENING/NIGHTS**

- Sit in the chair and 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.
- Watch the video on the hospital education channel again.
- If you are wearing SCD boots or anti-embolism stockings, make sure you take them off before you go to bed.
- Please notify the staff if you have any question or concerns.

## LIVING RECIPIENT- LIVER TRANSPLANT

DAY 6

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

### THINGS TO EXPECT TODAY

- Morning blood tests will be done.
- Continue walking in the hallway.
- If needed, diabetes teaching will be reinforced.
- Continue to discuss discharge concerns and problems with your nurse, social worker and nurse practitioner.
- Speak with you nurse practitioner about getting your medications for discharge.
- If you haven't already, you may meet with a Nutritionist to discuss your diet.
- You will learn how to care for your T-tube at home. This will include how to empty the bag.
- Confirm with your nurse or nurse practitioner a discharge time for the next morning.

### MORNING

- Sit in the chair and have your breakfast. The longer you are out of bed, the better for your recovery.
- Use your incentive spirometer ten times every hour.
- You should be able to:
  - identify names, doses, purposes and side effects of medications
  - identify signs and symptoms of rejection and what to do if they occur
  - take your blood pressure and temperature and identify when to call the Transplant Team
- Review your discharge booklet. Ask questions!
- Ask your nurse if you can shower if you haven't already. If not, you will continue to wash up in the bathroom.
- The nursing staff will be making rounds. If you need something please ask.

## **AFTERNOON**

- Sit in the chair and have lunch. The better you eat, the better you heal.
- If possible, have most of your belongings brought home for you.
- Use your incentive spirometer ten times every hour.
- Do you understand the medications that you will be taking at home?
- 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 and 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. Ask any remaining questions.
- If you are wearing SCD boots or anti-embolism stockings, make sure they are off before you go to bed.
- The nursing staff will be making evening rounds. If you need something, please ask.

**SLEEP WELL!**

## LIVING RECIPIENT- LIVER TRANSPLANT

DAY 7

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

### THINGS TO EXPECT TODAY

- Morning blood tests will be done.
- Continue to gradually increase your activity level.
- Continue with your incentive spirometer.
- The IV in your neck will be discontinued.
- Your Social Worker 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 and have breakfast.
- Review the discharge plan with your nurse and sign it. Ask any final questions.
- Be discharged from the hospital after your doctors discuss your blood test results.
- Your nurse and nurse practitioner will review discharge instructions and medications.
- Make sure you have a supply of your medications for home.
- Find out when you need to return for a follow-up visit.
- Make sure you have an updated medication schedule. Be sure you have the number of your home care agency.
- Make sure you know when to get any needed medications and who to call in case of emergency.
- 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. The number is (212) 263-8134.

**GET HOME SAFE!**