

LIVER TRANSPLANT PROGRAM



WHAT'S INSIDE

Your Transplant Team

The transplant team of surgeons, doctors, nurses and others who handle your case is very important to the success of your transplant. This section provides a description of each team member and their role in your transplant journey.

Pre-Liver Transplant

This section holds a lot of information about liver transplants in general, as well as how patients are evaluated, listed and selected for transplant.

| | |
|--|----|
| Liver Transplants at University of Michigan Health | 1 |
| Listing | 8 |
| Maintaining Health While Waiting for a Liver | 14 |
| Complications Which May Occur While Waiting for a Liver Transplant | 20 |
| Who to Call Before Transplant | 23 |
| Getting a Liver | 24 |
| When The Call Comes | 26 |
| Advance Directives | 27 |

Financial Information

This section provides information on insurance, financial planning, assistance programs and importance of continuous coverage.

Diet and Nutrition

This section includes diet and nutrition information for before and after transplant.

| | |
|---|---|
| Nutrition Goals Before Transplant | 1 |
| Healthy Food Choices. | 3 |
| Nutrition Goals After Transplant | 5 |
| Food Safety | 8 |
| Drug-Nutrient Interactions. | 9 |

Clinical Studies

This section provides information on research studies also known as clinical trials.

Post-Transplant

The Post-Transplant section discusses the seriousness of the surgical procedure and the extensive follow-up care required.

| | |
|--|----|
| Arrival for Transplant | 3 |
| The Inpatient Stay at the Hospital | 3 |
| Going Home. | 7 |
| Discharge Education for Transplant Patients. | 8 |
| Transition of Care Following Discharge | 9 |
| Follow-Up Care for Patients Who Received a Liver from a CDC Increased-Risk Donor. | 10 |
| Follow-Up Care for Patients With a Liver from a Donor with Prior Hepatitis B Infection | 10 |
| Your First Clinic Visit Following Discharge | 10 |
| Develop Plan for Outpatient Blood Work. | 12 |
| Transition of Care to Post-Transplant Hepatology | 14 |
| Follow-Up Care for Patients with Hepatocellular Carcinoma. | 14 |
| Transplant Procedure Unit. | 15 |
| Infusion Clinics | 15 |
| Policy on Wearing Masks. | 16 |
| Special Care | 16 |
| Monitoring Your Own Health. | 17 |
| Reconnecting with Your Primary Care Physician | 18 |
| Resuming Life After Transplantation | 19 |
| Complications After Transplant | 21 |
| Immunizations and Vaccines. | 31 |

Post-transplant Medicines

This section includes information on transplant medication as well as other prescription drugs and over-the-counter medications. Information on pregnancy after transplant is included as well.

| | |
|--|----|
| What You Need to Know About Your Medications | 1 |
| When to Call the Transplant Office About Your Medications | 2 |
| Medicines Used to Prevent Rejection (Anti-rejection Medications) | 3 |
| Medicines Used to Prevent Infection (Anti-infective Medications) | 10 |
| Miscellaneous Medications | 13 |
| Over-the-counter (OTC) Medications | 14 |
| Pregnancy After Transplant | 15 |
| Medication Refills and Prescription Renewal | 17 |

Resources

The Resources section of this guide includes a wealth of information that you will need throughout the transplant process.

| | |
|---|----|
| Online Resources | 1 |
| University of Michigan Health Patient Portal (MyUofMHealth.org) | 1 |
| Glossary of Terms | 2 |
| Clinic and Virtual Visits | 22 |
| Parking and Getting to Appointments | 22 |
| Lodging | 23 |
| Guest Assistance Program | 24 |
| Liver Peer Mentor Program | 24 |
| Raising Funds to Cover Medical Expenses | 25 |
| Transplant-Related Websites | 25 |
| Durable Power of Attorney for Health Care | 27 |
| MLabs Blood Drawing Stations | 33 |
| Specialty Pharmacy Services | 35 |
| Transplant Mailings | 36 |
| Medical Emergency ID Tag | 37 |
| Communicating With Your Donor Family | 38 |
| Immunizations | 40 |
| Tobacco Policy | 41 |
| Policy on Substance Use | 44 |
| Liver Transplant App | 45 |

Living Donor Liver

This section may not be for everyone. This section is only for patients who may receive a liver, or portion of a liver, from a living friend or family member.

The Liver Transplant Patient Education Guide was originally published in 2006 and was funded in part by a grant from the FRIENDS of the University of Michigan Hospitals. The contents were updated in 2014, 2020 and 2023 by members of the Adult Liver Transplant Program.

Chad Abbott, RN
Nathan Bates, LMSW
Gina Bergmooser, MSN, RN
Lorraine Bonkowski, RD
Stacy Brand, MBA
Joann Brooks, MSN, RN
Mable Glass, RN

Jennifer Hagopian, PharmD
Sherrie Luttmann
Frankie Mautone
Jamie Park, PharmD
Patti Paulin, RN
Anne Rieder
Kelly Shaffer

Pratima Sharma, MBBS
Brenda Shaw, RN, BSN
Jennifer Smith
Seth Waits, MD
Denise Zebley, RN

A special thank you to the authors of past editions of the Liver Transplant Education Guide. Your contributions and continued work with our program are invaluable.