

My role in follow-ups after my transplant



You've had an organ transplant. Making a good recovery requires a lot of attention every day. This fact sheet will help you remember what you need to do to take good care of yourself in the coming months.

Why do I need follow-ups?

Post-transplant follow-ups help to:

- prevent other health problems that could come up after the transplant
- detect any signs of organ rejection as early as possible

Even if you were a compatible match with the donor, and even if you're taking medications that inhibit the immune system's defensive action (immunosuppressants), rejection can still happen.

The risk of rejection is higher in the first few months after the transplant, so follow-ups will be more frequent at first. Often, the first sign that an organ is starting to malfunction is seen in a blood test.



It's very important to detect early signs of organ rejection, so that action can be taken to save the organ and prevent complications. Sometimes it only requires adjusting the medication.

What should I do to have the best chance for a successful transplant?

- 1 Take all doses of your immunosuppressant medications**, on time, and as prescribed.
- 2 Go to all your follow-up appointments and blood tests.** This allows your health care team to:
 - monitor your new organ closely
 - check on your overall health status
 - answer your questions promptly
 - adjust the doses of your immunosuppressant medications based on your blood test results



IMPORTANT

Don't forget to book your blood test appointments on Clic Santé.

When a blood test is scheduled, take your immunosuppressant medications **AFTERWARDS**. Never take them before, as this can distort the results.





3 Record your health measurements every day. You can use the Appendix on page 3.

What measurements do I need to take to monitor my health?

Take all the measurements requested by your care team. Generally, this involves measuring, with your own devices:

Your weight. To check whether you're retaining water because of the medications.

Your temperature. Fever can be a sign of infection. After a transplant, medications may be needed to treat an infection because your immunity is weakened.

Your blood pressure. High blood pressure may be a medication side effect.

Your pulse. To check that your heart is working properly.

Your spirometry (in the case of a lung transplant). To check that your lungs are working properly.

Your blood sugar (if needed). To monitor your blood sugar level.

What should I bring to my clinic appointments?

Bring your health measurements and an up-to-date list of your medications.

When should I contact my nurse?

Call the nurse right away if you have:

- a temperature of 38°C (100.4°F) or higher
Attention: don't take any medication to lower it
- weight increase of more than 1 kg (2.2 lbs) per day
- pain in the area of the transplanted organ
- symptoms of urinary tract infection: burning sensation when urinating, cloudy urine, blood in the urine, pain in the lower abdomen
- spirometry going down 10% for 3 days in a row
- any new symptom that worries you

Outside of clinic hours:

- Call **514 890-8444** and ask to speak with the on-call transplant doctor.

Who can I contact for questions?

You can contact your nurse in the Transplant Clinic. Don't hesitate to call between appointments if any questions come up.

> Transplant clinic

Pavilion C, 4th Floor
320, boulevard René-Lévesque East

> **514 890-8255**



USEFUL RESOURCES

Clic Santé:

> portal3.clicsante.ca

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our website

chumontreal.qc.ca/fiches-sante

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal
chumontreal.qc.ca

APPENDIX: MEASUREMENTS TO BE TAKEN AT HOME

Bring this sheet to your appointments. A word of advice: make a few copies before you start filling in this page.

When to take these measurements

- > Every day, in the morning.
- > Weigh yourself in the morning, **BEFORE** eating.



Date Day/month/year (morning)	Weight	Temperature	Blood pressure _/_mmHg	Pulse Beats per minute	Spirometry (if required)	Other
Monday:						
Tuesday:						
Wednesday:						
Thursday:						
Friday:						
Saturday:						
Sunday:						
Monday:						
Tuesday:						
Wednesday:						
Thursday:						
Friday:						
Saturday:						
Sunday:						

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