

What if I need diabetes education?

If you need to learn how to check your blood sugar and give insulin, you will be taught by the Diabetes Educator **before** discharge. You will be given a Blood Glucose meter and insulin pen to practice while in hospital. Prescriptions will be written for your supplies.

What if I need Homecare?

If you need homecare for intravenous medication, injection of a medication, wound dressing changes, or personal support/nursing care at home, you will be seen by a Homecare/CCAC Coordinator **before** discharge, unless told otherwise. Do not leave until your arrangements have been confirmed.

What if I need other help?

If you need other help or have questions about community resources such as drug coverage, financial assistance, local accommodation, transportation to appointments, or home help not provided by Homecare/CCAC (i.e., meals, cleaning & laundry), please ask your nurse to contact the Social Worker or call the Social Work office at 416-340-4800 X5655.

Discharge Checklist

I have seen the following people:

- Discharge Coordinator
- Clinic Secretary
- Pharmacist
- Diabetes Educator (only if I need to learn about diabetes)
- CCAC Coordinator (only if I need homecare)
- Social Worker (only if I need info/help not provided by CCAC/Homecare)

I have done the following:

- Watched all 4 teaching videos
- Attended Self Medication class
- Picked up my medications
- Purchased a thermometer

I have received:

- My package, easy call teaching and PIN# from the Clinic Secretary
- My Medication List from the Pharmacist
- My blue hospital card from the Nurse

Multi-Organ Transplant Unit

Preparing for Discharge after Transplant

Discharge planning begins the moment you are admitted to hospital. Before going home, we will teach you how to take care of your new transplant and arrange for clinic visits after you leave the hospital.



Discharge time is 2:00pm on the day of discharge

Who do I need to see?

1. Discharge Coordinator

The Discharge Coordinator organizes your discharge and teaches you how to take care of your transplant. They review the signs and symptoms of infection and rejection and can answer any questions you may have.

If you had a liver, kidney-pancreas or heart transplant, your discharge coordinator is **Mary Ann Rosales**.

If you had a lung or kidney transplant, your discharge coordinator is **Ruena Hipolito**.

2. Clinic Secretary

You will get a brown envelope from the clinic secretary with the following information:

- 1) Clinic appointment
- 2) Easy call information (how to contact your Transplant Coordinator)
- 3) Emergency contact number
- 4) Telehealth contact number
- 5) Medic-alert order form
- 6) Bloodwork requisition for MDS/Life Labs.

3. Pharmacist

You will learn about your new medications during a Self Medication class taught by the pharmacist.

Before you leave, you will be given your prescriptions to take to the **TRANSPLANT OUTPATIENT PHARMACY** located on the 12th floor of the Munk Wing in the transplant clinic. The phone number of the pharmacy is **416-340-4415**.

You will have many prescriptions at discharge. It is important to drop off your prescriptions as soon as possible to allow enough time for the pharmacy to safely process them and prepare your medications.

The pharmacist will notify you when your medications are ready to be picked up. You must bring a credit or debit card to the pharmacy to cover any prescription costs such as co-pays or deductibles.

Let your nurse know once you have picked up your medications. They will arrange for the pharmacist to review your medications and give you a medication list.

DO NOT LEAVE WITHOUT YOUR MEDICATION LIST!!!

What do I need to do?

Teaching Videos

You must watch the 4 teaching videos before discharge.

Video	Title
1	Lifestyle Adaptations for Patients
2	Infection following Transplantation
3	Rejection following Transplantation
4	Health Complications following Transplantation

The 4 teaching videos are also available online at:

<https://www.youtube.com/user/UHNPatientEducation/playlists> under the heading “Multi Organ Transplant Program”

Thermometer

You will need an oral digital thermometer after discharge. You must check your temperature twice a day, when you wake up and before you go to sleep. You must also check your temperature when you are not feeling well, and report any temperature greater than 37.5°C to your transplant team.