

Transplant Office Information

**Kidney/Pancreas Transplant
Nebraska Medicine
983285 Nebraska Medical Center
Omaha, Nebraska 68198-7242**

Office Telephone: **402.559.5000**
Toll-free Number: **800.401.4444**
Office Fax Number: **402.552.3030**

Calls are accepted between the hours of 9 a.m. and 3 p.m. CST.

Calls received prior to 3 p.m. will be returned before the end of the day.

Calls received after 3 p.m. will be returned the next day unless you tell us the call is urgent.

For Emergencies Only

After Hours:
402.552.2000
or **402.559.4000** (Hospital Operator)

Ask for the kidney/pancreas transplant coordinator on-call.

Transplant Office Hours

Monday–Friday:
8 a.m. – 4 p.m. CST

Weekends & Holidays:
CLOSED

Transplant coordinators accept calls from:
9 a.m. – 3 p.m. CST

All non-emergency business calls, such as medicine refills or appointment changes, will need to be placed during regular office hours.

The purpose of this booklet is to provide you with a guide or resource for questions that arise after kidney and/or pancreas transplantation.

A transplant nurse will review this booklet with you before you go home. Please keep this booklet within reach and refer to it when you have questions.

Transplant Office Hours, continued

Be sure to ask questions whenever you are uncertain about any aspect of your home care. No question is trivial or unimportant. Be assertive about asking questions.

The goal of our nursing staff, doctors, social workers, dieticians, etc. is to help you go home with the confidence and knowledge that you need to manage your life as a transplant patient.

Notes: _____

When To Call The Doctor

It Is Important To:

- Make an appointment with your referring nephrologist (kidney doctor) to be seen six months post transplant to reestablish care. Having a new kidney and not needing dialysis does not take away your need to follow-up with a doctor who specializes in kidney disease and high blood pressure. Follow-up with your kidney doctor regularly will improve your overall health and help manage medical problems associated with your kidney disease and transplant.

The transplant team makes every attempt to communicate with your nephrologist and/or primary care physician. It is important to let us know if you change physicians at any time after transplant.

- See your local primary care doctor within the first few weeks after transplant as this is the doctor who is most likely close to where you live and best able to manage all of your overall health and preventative health maintenance screenings. This is the doctor you most likely will need to see if you develop an illness unrelated to your transplant.

You must monitor yourself and recognize the symptoms of infection and get treatment as soon as any of the following symptoms occur. Be aware: Your immunosuppressive medicines can mask the usual signs of infection, so make sure you call promptly. Your biggest risk is

within the first few months after transplant or after treatment for rejection. The following are some general guidelines for when to call the transplant team and when to call your local doctor.

Within The First 3 Months (After Transplant)

Call your transplant team if:

- Your temperature is higher than 100.5°F.
- You are experiencing sweats or chills.
- You “feel lousy” or have flu-like symptoms.
- You have a skin rash.
- You have an area of pain, redness, tenderness or swelling.
- You have a wound or cut that will not heal.
- You have red, warm or draining sores.
- You are or have been around someone who is actively ill.
- You have a sore, scratchy throat or pain when swallowing.
- You have sinus drainage color that is not clear.
- You have a persistent or moist cough.
- You have nausea, vomiting and/or diarrhea.
- You have white patches in your mouth or on your tongue.
- You have trouble urinating – pain or burning, constant urge or frequent urination.
- You have bloody, cloudy or foul-smelling urine.

When To Call The Doctor, continued

- You are short of breath.
- You have eye pain you have not had previously.
- If your doctor has put you on ANY NEW medications.

Keep in mind you may not experience any of these signs but you may just not feel “normal.”

After The First 3 Months (After Transplant)

Call the transplant team if:

- You have gained weight or swelling.
- You have a wound or cut that will not heal.
- You have white patches in your mouth or on your tongue.
- You have trouble urinating - pain or burning, constant urge or frequent urination.
- You have bloody, cloudy or foul-smelling urine.
- Someone you came in contact with was diagnosed with a serious communicable illness.
- You experience problems related to a recent procedure, appointment or admission to the Transplant Center.
- You are unable to keep your medications down or drink enough fluids.

Call your primary care physician if:

- You feel tired and are not able to exercise as much.
- You have flu-like symptoms - chills, aches, headaches, dizziness, nausea or vomiting.
- You have an unexplainable poor appetite or weight loss.
- You have a skin rash.
- You have an area of pain, redness, tenderness or swelling.
- You have red, warm or draining sores.
- You have a sore, scratchy throat or pain when swallowing.
- You have sinus drainage color that is not clear.
- You have a persistent or moist cough.
- You have nausea, vomiting and/or diarrhea.

You may need to go to the Emergency Department if you experience the following symptoms and cannot see your physician promptly:

- You have shortness of breath.
- You have difficulty breathing while lying on your back.
- You have a fast or irregular heart beat (feelings of palpitations).
- You have a fast breathing rate.