

Pediatric Solid Organ Transplant

Preparing and What to Expect

How You Feel

You may feel unsure, nervous and even a bit scared with all of the changes about to take place. That is okay and you are NOT alone. There will be lots of people at Nebraska Medicine to help you.

It might help to make a list of your feelings about transplant surgery and coming to Omaha. Work with your parent or guardian to write them down or draw a picture showing your feelings.

The faces on this page can help you talk about your feelings.



What to Bring



When you come to the hospital it will help to bring items from home. Bring some of your favorite pajamas, clothes, toys, blankets, stuffed animals, books and games.

Make a photo album of friends or family who cannot be with you and then show it to your new friends in Omaha.

Use the chart to the right to list items to pack and check them off when they are in your bag.

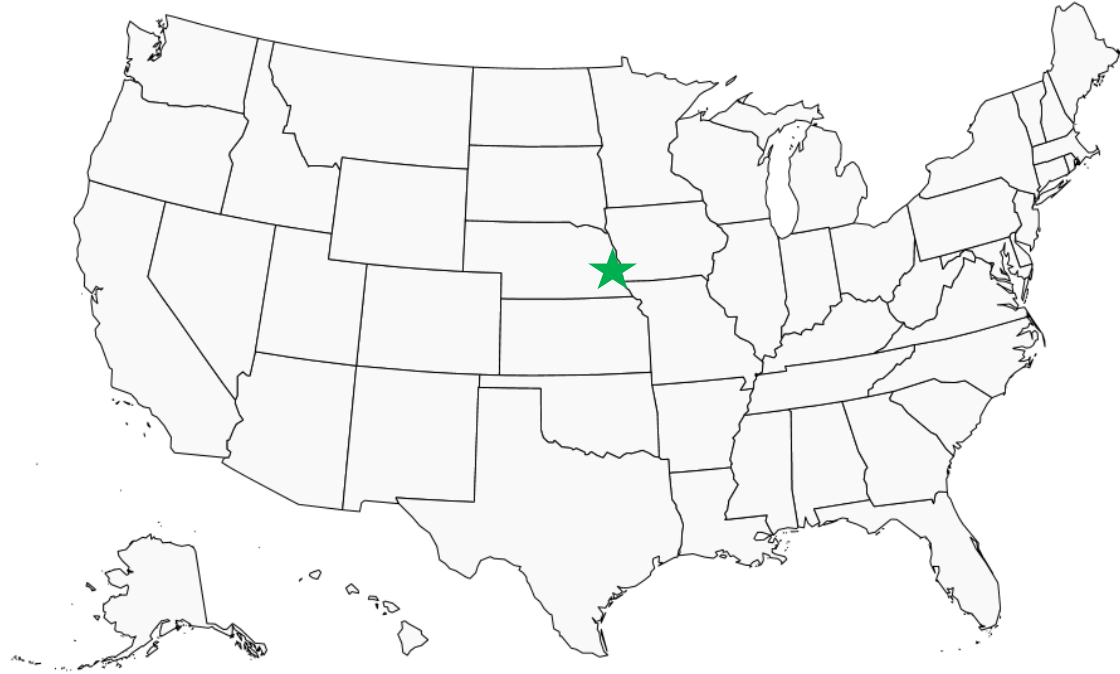
Things to Pack	Packed in my bag



Traveling to Omaha, Nebraska

The star green stars shows where Omaha, Nebraska is on the map. Use a marker or sticker to mark where your home hospital is.

Count how many states are between you and Omaha. Are there any you have never visited? Write a list of new states you go through.



About the Hospital

Learn about your doctors, the hospital and what the hospital looks like



SERIOUS MEDICINE. EXTRAORDINARY CARE.™

Your Transplant Team



These the doctors who will do your transplant surgery. Their number one job is to take care of YOU. Ask them questions at any time about your transplant or about the hospital.



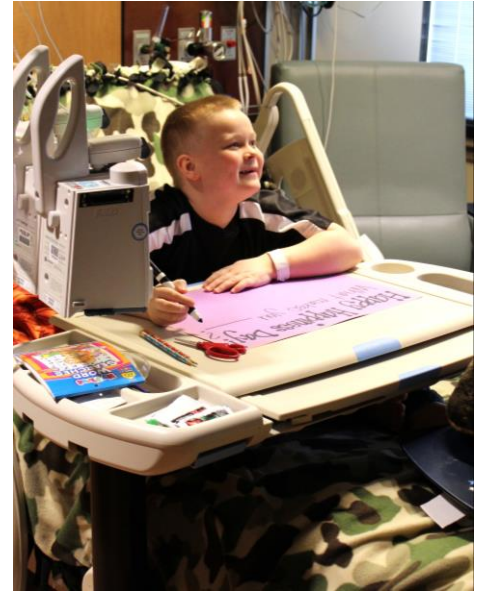
There are also lots of other people who will help take care of you. They include nurse practitioners, nurses, care technicians and many more!

[Click here to learn more about members of the transplant team.](#)



At the Hospital

- You will get your own room. One adult (parent or guardian) can spend the night with you in your room.
- You will wear a wristband while you are here. The wristband tells us who you are and what we need to know about you. The adult staying with you will wear a matching band and a wristband that tells who they are. Any other parent/guardian who is here with you will also wear wristbands.



At the Hospital

- An adult will need to be with you anytime you leave your hospital unit. Always tell your nurse where you are going.
- Your room may be in the Pediatric Intensive Care Unit (PICU, pronounced 'pick-you') where the nurses can see you at all times. When you are feeling better you will move to the general pediatric unit.
- Everyone you meet at the hospital is here to help you feel better. Please let them know if you need anything!



Nebraska Medicine - Nebraska Medical Center



This is one picture
of the hospital.
There are a lot of people
here to help you.



Operating Room (OR)



This is a picture of an operating room at Nebraska Medicine. You will go here if you have a transplant surgery and sometimes for other procedures.



Pediatric Patient Room



This is a picture of one of our rooms you might stay in. There are windows, a chair, a couch, a bathroom and a TV with an X-box.



Pediatric Intensive Care Unit (PICU)

This is a PICU (pick-you) room. You might stay here if the doctors and nurses need to keep a close eye on you.



Child & Family Development

- Child Life
- Education
- Music Therapy

[Learn more about our team at
Nebraskamed.com.](https://www.nebraskamed.com)

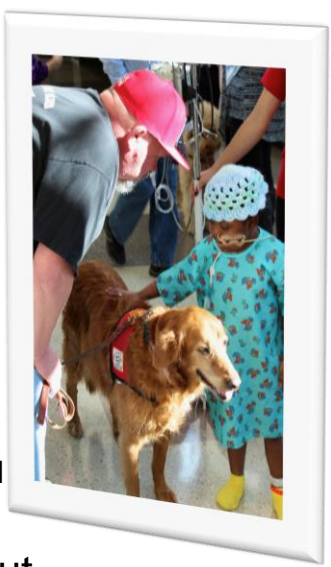


SERIOUS MEDICINE. EXTRAORDINARY CARE.™

Child Life Services

Our child life specialists are specially trained to help children and their families with life's most challenging events. They help through play, preparation, education, and self-expression activities.

- They can help you get ready for your stay in the hospital. When you get to the hospital, they will help you understand the things you will be doing, including a possible transplant. If you have questions about what's going on they are great people to ask!
- The specialists try to make the hospital feel a little more comfortable through play and group activities. They will help you have fun.
- Their primary job at the hospital is you! Always let them know what you need.



Child Life Activities



[Click here to see a list of some of the Child Life activities!](#)



Child Life Activity Area: Playroom

This room is for infants to 12 year olds to play in.



Child Life Activity Area: Teen Room

This room is for 13-18 year olds to hang out in.



Make a list of activities you would like to do at the hospital!

Possible Activities to Do:



School in the Hospital



Early Childhood Education

Early Learning Program is for patients birth to school age. If you started preschool at home Nebraska Medicine will help get you ready for kindergarten.



School: Kindergarten – Grade 12

Nebraska Medicine will help you keep up with your school work. We have our very own teacher who will work with your school to get assignments and work with you during your stay here.



Music Therapy

Nebraska Medicine has a music therapist at the hospital. The music therapist uses music to help you heal while at the hospital. Sometimes patients get to learn to play instruments or even record songs!

There are many ways to use music to help you feel better.

Bring a list of your favorite kinds of music and songs.



Questions are Important!

- If you have questions about your trip, your evaluation and possibly your procedure, write them down or have an adult write them down for you.
- Getting answers to your questions will help you feel more comfortable and will help you understand what is happening.
- Don't be afraid to ask questions! They are the best way to learn about what is going on.



Coming to Omaha Word Search



Word List

Activity

Art

Doctor

Fun

Medicine

Music

Nurse

Packing

Science

Transplant

Animals

Bingo

Friend

Hospital

Movies

Nebraska

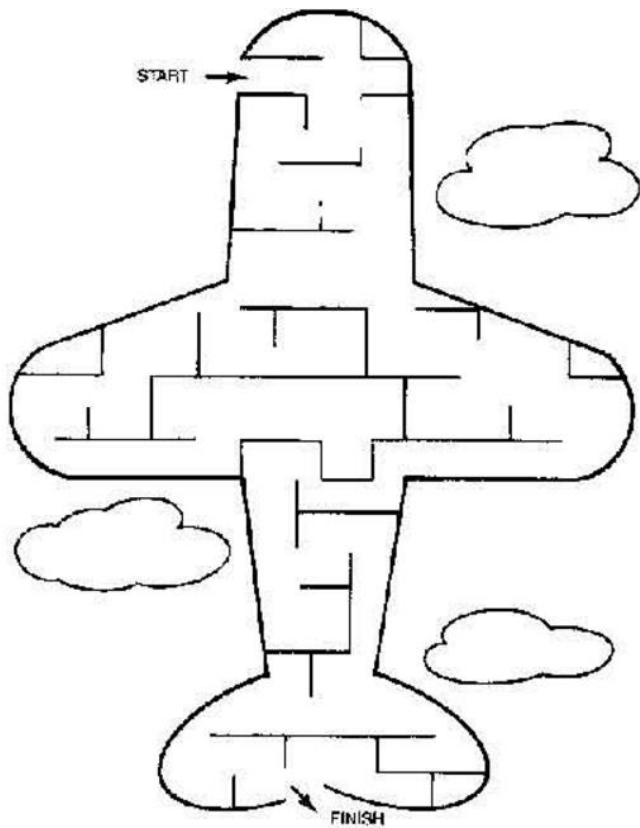
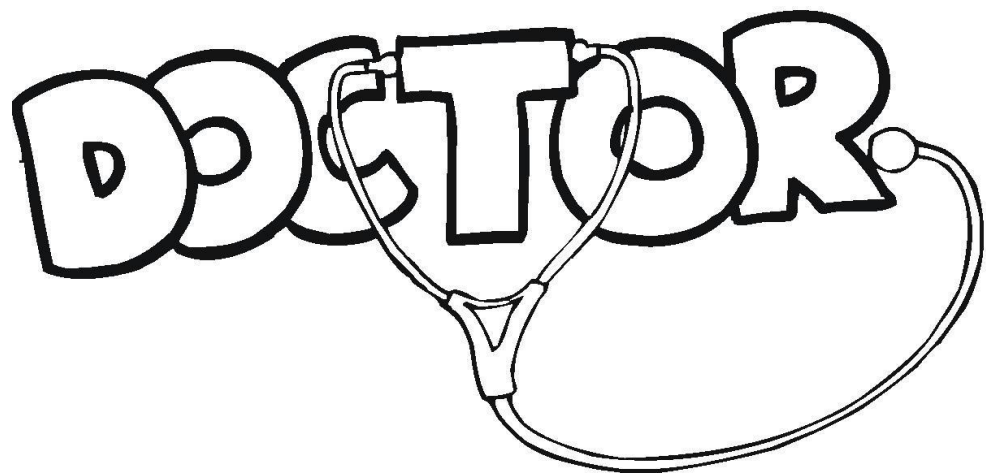
Omaha

Reading

Teacher

Trip







Nebraska Medicine

SERIOUS MEDICINE. EXTRAORDINARY CARE.®

