Life after Liver Transplant

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**Panelists:** Todd Clouser  
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**PSC Partners Seeking a Cure**  
9th Annual Conference  
April 27, 2013
The Transplant Team

- Surgeon/Hepatologist
- Pre-op (candidate) transplant coordinator
- Post-op transplant coordinator
- ICU/ transplant unit nurses/case managers
- Social worker/dietician/ physical therapist
- Transplant psychologist/behavioral health specialist
- Transplant financial advisor
- Your primary care physician (PCP)

**YOU** – the most important person in your care!
Early Post-operative Period

• Intensive care unit - stabilize your condition
• Transplant unit – monitor your progress, learn medications, care for self
• Clinic visits
• Out-patient transplant center
• Length of hospital stay will vary
• Frequent laboratory monitoring
Medications
Protecting your transplant

Immunosuppressants:
- Tacrolimus, Everolimus, Cellcept, Cyclosporin, Prednisone,
- Rapamune, Imuran, Thymoglobulin

Preventative medications:
- Bactrim, Nystatin, Acyclovir, antacids, antibiotics

Other medications:
- As prescribed by your hepatologist or primary care physician (such as medications for your diabetes, hepatitis, heart, thyroid)
Post-transplant Testing

• Transplant clinic visits
• Laboratory testing
• Regular visits with your primary care physician
• Regular dental visits
• Mammogram/Gynecologist/pap test/prostate screening (PSA)
• Ophthalmology visits
• Annual dermatology visit
Transplant Recovery

Goal: To return to a normal routine of activities, hobbies and work

• Healthy diet
• No alcohol use
• Daily exercise
• Regular sleep habits
• Positive attitude