



## **Welcome to the Liver Transplant Program at the University of Rochester Medical Center, Strong Memorial Hospital**

**Please read this carefully- it contains information that is important to your health.**

Your Doctor has requested that we evaluate you to see if you should be placed on the waiting list for a possible liver transplant. In order to evaluate you we will arrange a number of tests and appointments. We generally schedule most of your tests on one full day. The tests may be at different locations, read the enclosed letter carefully. On another day, not long after, you will meet with members of the transplant team in our clinic. You will typically see six different people through the course of the clinic day. Both days will be all day long; we recommend you wear comfortable clothing and perhaps pack a lunch. There is also a cafeteria at the hospital available to you.

We understand that this may be a very stressful experience for you. You may wish to prepare a written list of questions in advance so you do not forget to ask them. The more you learn the better you will be prepared to care for yourself after a transplant. By the end of your clinic visit you will have learned a lot about liver disease, transplantation, and how to care for yourself. The transplant team will meet in something called Selection Committee to make a recommendation whether or not to place you on the waiting list.

Please bring a complete list of all medicines, remedies, and pills you are taking with you to clinic. Include all vitamins, supplements, herbs, and prescriptions you use regularly. Include the dose and number of times per day you take them. This is an important list to bring with you every time you come to the clinic.

**Testing needed** before you can be placed on the list **that we do not arrange for you** includes routine health and cancer screening such as PAP smears, mammograms, and colonoscopy. Please ask your primary care provider (PCP) when these tests should be repeated in the future. **If you need these tests you should call your Doctors office to schedule them right away- before you are seen in our clinic.** It will be your job to see that these are done.

- **Colonoscopy** is required for all men and women 50 years of age and older.
- **PAP smears** are required for women who have been sexually active and have a cervix.
- **Mammograms** are required for all women over the age of 40 (or over the age of 30 if a history of breast cancer in a mother or sister, have had a breast biopsy showing atypical hyperplasia, or have had their first child after the age of 30).
- **Prostate Exam** Men should ask their Doctors if a prostate cancer screening exam or blood test is indicated. We routinely check PSA levels for all adult men.

- **Dental Screening** You need to be assessed by your Dentist every year to ensure you teeth are free of decay and infection.
- **PPD test** is required. This is a skin test for tuberculosis (TB) that can be done at your Doctor's office, just call them and ask.

Throughout the evaluation, your Transplant Coordinator and his/her Assistant will be available to answer questions and help you every step of the way. You may reach your Coordinator by calling our office at (585) 275-5875. There are several surgeons and coordinators; you may meet any of them at your clinic visits.

**We require absolute abstinence from alcohol and all substances of abuse.** We may periodically send you for testing of your blood or urine at random intervals. If you do not provide a sample within 24 hours of request it will be treated as a positive result. Abuse of any substance may delay your listing or may result in you being removed from the waiting list. If you use any tobacco products, discuss ways to quit with your primary care provider.

It is very important that you work closely with all your medical providers, and attend all scheduled appointments, undergo necessary tests and take your medications as prescribed. **It is up to you to arrange for transportation to and from all your tests and appointments.** It is important you resolve any problems in those areas. It is vital you understand that problems with any of these things could mean you might not be listed for transplant or if you already listed, you could be taken off the transplant list.

All prescriptions, insurance forms, or disability paperwork will still be completed by your local Doctor (PCP) between now and your transplant. Your PCP and GI (stomach) doctor will still be taking care of you while you wait for a liver transplant. After your liver transplant surgery the surgeons and office staff will manage these for you.

It is important that all your health care providers can work together on your behalf. That will require periodic communication between us and your other providers. We will ask that you give your authorization for us to do so.

**CHECKLIST of things to bring with you to the clinic appointment:**

- **List of all medicines (prescriptions and any medicines you buy at the store) include all vitamins, herbs and supplements.**
- **List of your Doctors names, addresses, and phone numbers (all of your Doctors for heart, stomach, OB-GYN, lungs, diabetes, skin, etc).**
- **List of all of the tests mentioned above (PAP smears, colonoscopy etc), where and when the tests were done, bring copies of the reports if you can.**
- **List of any other tests you may have had done, such as any stress test of your heart, x-rays, or CT scans.**

The entire Transplant Team is looking forward to working together with you, your family and your Doctors toward the goal of your better health.