



## My Passport to Care After Kidney/Pancreas Transplant

Your Care. Our Commitment.

Dear Patient,

This is your passport to care after your kidney and/or pancreas transplant. Each page gives you important information about members of your transplant team and the testing you will need to have done after your transplant. If at any time you have questions or concerns, please let us know.

Please bring this passport to each medical appointment.

Thank you for allowing us to join you in your health care journey.

## **Your Contact Information**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone Number \_\_\_\_\_

Cell Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

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# Welcome to **MyUPMC**

## For Transplant Patients

MyUPMC keeps you connected to your doctor, allows you to renew prescriptions and get lab results, and much more. Plus, it's completely FREE. Learn more and sign up for an account at [MyUPMC.com](http://MyUPMC.com).

### **MyUPMC allows you to:**

- **Communicate with your UPMC doctor**
- **View your medical records**
- **See your lab results**
- **Manage your family's health**
- **Request or schedule appointments**
- **Pay bills online**
- **Renew your prescriptions**

**Plus, MyUPMC is completely FREE.**

You can stay connected to your doctor, renew prescriptions, get lab results, and much more. All you need to do is SIGN UP for an account from a desktop or laptop computer. MyUPMC is compatible with the leading browsers, including Internet Explorer 8, 9, and 10; Firefox; Chrome; and Safari

Once a MyUPMC member, you can also gain access from mobile devices including Android and Apple (iOS).

A video demonstration is available for you to watch at [MyUPMC.com](http://MyUPMC.com).

# MyUPMC Sign Up Instructions

If at any time you need help with signing up, call the MyUPMC Support Line at 1-866-884-8579.

1. Go to MyUPMC.com from a desktop or laptop computer.
2. Click the “Sign up now” button.
3. Click the “Create new account” button.
4. On the next page, you must read and agree to the MyUPMC terms and conditions. Check the box and click the “Continue” button.
5. You must enter information to verify your identity, including the access code if one has been provided to you. Once completed, click the “Continue” button.
6. Create a username and password, and create an answer to one of the security questions.
7. Click the “Continue” button to complete registration.
8. Once registration is complete, you can download the “MyChart” app on your Android or Apple (iOS) device that allows you to access MyUPMC from anywhere.

**My care.  
My time.**



**MyUPMC.**

# UPMC Transplant Services

## Important Phone Numbers

412-647-5800

877-640-6746

## Address

**UPMC Montefiore, 7 South**

3459 Fifth Avenue

Pittsburgh, PA 15213

## Information About Your Transplant

Please check the box that applies to you:

Date of Your Transplant \_\_\_\_\_

Living Donor

Deceased Donor

Name of Your Transplant Surgeon \_\_\_\_\_

## Post-Transplant Coordinator

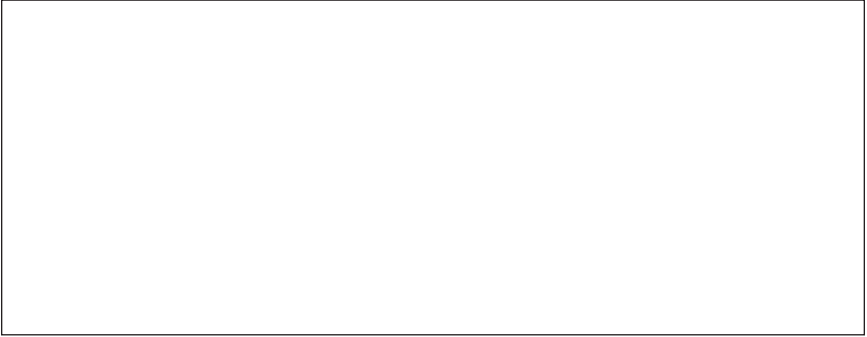
Your post-transplant coordinator will introduce you to the post-transplant process and review your completed and future testing. Your post-transplant coordinator is here to answer any questions you may have today and as you move through the post-transplant process.

*Post-transplant coordinator will place necessary contact information in the box above.*



## Transplant Nephrologist


The transplant nephrologist will perform a medical history and physical, and focus on the medical management of the transplanted kidney and/or pancreas. You will continue to see your local nephrologist, along with the transplant nephrologist.



*Transplant nephrologist will place necessary contact information in the box above.*

## Transplant Surgeon

A transplant surgeon will always be available to you in the clinic after your kidney and/or pancreas transplant. The surgeon will perform a medical history and physical, and focus on the medical and surgical management of your transplanted kidney and/or pancreas.



*Transplant surgeon will place necessary contact information in the box above.*

# Your Local Care Team

Use the lines below to write down the name and contact information for each member of your local care team.

## Primary Care Physician (PCP)

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_

## Nephrologist

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_

## Endocrinologist

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_



## Cardiologist

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_

## Dermatologist

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_

## Urologist

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_

## Gynecologist

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_

## Other

Specialty \_\_\_\_\_

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_

Specialty \_\_\_\_\_

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_

# Diagnostic Services for After Your Transplant

## Your Local Lab

Name of Lab \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_

Once you have completed the requested labs, please make sure that the results are faxed to **412-647-5070**.

## Blood Work

### Routine Transplant Labs

Please have these labs completed as directed by your doctor or care team member. These labs will need to be completed on Mondays and/or Thursdays. From now on you will have to get bi-weekly to monthly routine labs done.

### CBC

The complete blood count (CBC) measures the number of red and white blood cells in your blood.

### BMP (Electrolytes and Creatinine)

The basic metabolic panel (BMP) measures your creatinine, electrolytes, and glucose.

### Tacrolimus Level

You may be on the medicine tacrolimus, also known as Prograf®. This blood test measures the level of the medicine in your blood. It is used to adjust the dose of the medicine. Please have blood drawn for this test 12 hours after your last dose of Prograf.

## Glossary

Your plan of care after transplant may include additional tests and lab work. Here is a glossary of the tests and lab work you may need to receive. Please see the chart on pages 12 and 13 for your personal list of tests and lab work. Your transplant coordinator will fill out your chart.

**BK Studies** A BK virus blood test is performed to identify the BK virus. The BK virus rarely has symptoms.

**CMV (if applicable)** A cytomegalovirus (CMV) blood test is performed to find CMV infections. CMV infections can occur if you are at risk for infection.

**EBV (if applicable)** The Epstein-Barr Virus (EBV) profile is a group of blood tests done to help detect a current, recent, or past EBV infection.

**HLA Antibody Blood Test** HLA Antibody Blood Test is done to test antibodies against the donor HLA antigens.

**Lipid Panel** The lipid panel is a blood test that measures your cholesterol in the form of triglycerides, total cholesterol, LDL (bad cholesterol), and HDL (good cholesterol).

**HbA1C** HbA1C measures your average blood sugar for the last 3 months. The goal is less than 7%.

**PTH** This blood test measures the amount of parathyroid hormone in the blood, which can be high after transplant surgery.

**Vitamin D** This test measures the amount of Vitamin D (which helps with calcium absorption) in your blood. The amount of Vitamin D in your blood is often low after transplant surgery.

**Urine Test** This test will measure the amount of protein and creatinine in your urine, which are markers used to monitor your transplanted kidney's function.

**Renal Chemistry** This test is a blood test that will evaluate your kidney function.

## Other Important Tests and Follow-Up

A member of your transplant team will write, in the chart below, completed. Boxes that are marked with a check mark are tests this passport.

Date	Month	Basic testings: (CBC, renal chemistry, tacrolimus level) (short-term)
	1	2 x week
	2	2 x week
	3	As Directed
	4	As Directed
	5	As Directed
	6	As Directed
	7	As Directed
	8	As Directed
	9	As Directed
	10	As Directed
	11	As Directed
	12	As Directed
	18	As Directed
	24	As Directed
	36	As Directed
	Annual	1 x month
Other Tests		
High Risk	Y	N

Please have results faxed to **412-647-5070**

the dates when you need to have the following tests that need to be completed in the month that you receive

Liver function, Lipid panel, PTH, Uric acid, HBA1C, Urine spot P/C Ratio (long-term)	BKV (blood and urine)	CMV (blood)	HLA Antibody
✓	✓		✓
	✓		
	✓		✓
✓	✓		✓
	✓		✓
✓	✓		✓
	✓		✓
✓	✓		✓
✓			✓
✓			✓
			Annual
			For 5 Years

Please have results faxed to **412-647-5070**

The following tests are part of your regular health maintenance. Please talk with your primary care provider (PCP) and follow his or her recommendations for the testing listed below.

**Dental Exam** \_\_\_\_\_  
To Be Completed

**Eye Exam** \_\_\_\_\_  
To Be Completed

**Mammogram  
and Pap Smear** \_\_\_\_\_  
To Be Completed

**PSA (blood test)** \_\_\_\_\_  
To Be Completed

**Dermatology** \_\_\_\_\_  
To Be Completed

**Colonoscopy** \_\_\_\_\_  
To Be Completed

**Bone Density** \_\_\_\_\_  
To Be Completed

Please have results faxed to **412-647-5070**



# Important Information

## UPMC Transplant Services

**412-647-5800**

**877-640-6746**

## Fax your evaluation test results to:

**412-647-5070**

## Radiology

(5<sup>th</sup> floor of UPMC Montefiore;  
1<sup>st</sup> floor of UPMC Presbyterian)

**412-647-XRAY (9729)**

## UPMC Presbyterian Prescription Shop

**412-864-0900**

Your prescriptions can be filled before you leave the hospital. Please call the number above, or ask a member of your health care team for more information. Located across from the PNC Bank and near the Starbucks.

## Falk Pharmacy

**412-623-6222**

3601 Fifth Ave.

Pittsburgh, PA 15213

## Family House

**412-647-7777**

[www.familyhouse.org](http://www.familyhouse.org)

## UPMC Montefiore Main Number

**412-647-2345**

## UPMC.com

UPMC.com can be used as a resource for more information about your kidney transplant. Visit **UPMC.com/Transplant** to view “Frequently Asked Questions After Your Kidney Transplant” (click on “Abdominal Organ Transplant,” then “Kidney and Pancreas Transplant,” then “Transplant Process,” and then “Posttransplant Care”).

## Patient and Visitor Information

### Full Service PNC Bank

#### UPMC Presbyterian

1<sup>st</sup> floor

### Bank Machine Locations

#### UPMC Montefiore

7 Main lobby

#### UPMC Presbyterian

- > 11<sup>th</sup> floor near the cafeteria
- > Main lobby near the cashier
- > Walkway between UPMC Presbyterian and Falk Medical Building

### Cafeterias

The 2 hospital cafeterias are open to visitors. Patients may dine in the cafeterias if they have their doctors' permission. The cafeterias offer a wide variety of hot and cold meals, kosher sandwiches, and Dining Smart options. Take-out is available.

#### UPMC Presbyterian Cafeteria

UPMC Presbyterian, 11<sup>th</sup> floor

7 days a week, 6:30 a.m. to 2:30 a.m.

Daily menu: **412-647-4EAT (4328)**

## **UPMC Montefiore Cafeteria**

UPMC Montefiore, 4<sup>th</sup> floor  
Weekdays, 6:30 a.m. to 2 p.m.

## **LHAS Café on Seventh**

UPMC Montefiore, 7 Main, near the lobby  
Weekdays, 10:30 a.m. to 7:15 p.m.

Take-out: **412-802-8644**

Lunch selections, including daily specials,  
in a relaxed environment.

## **Quick-Serve**

### **LHAS Café Express**

UPMC Montefiore, 7 Main lobby

Weekdays, 6 a.m. to 2 p.m.

Weekends, 10 a.m. to 2 p.m.

Call ahead for take-out: **412-802-8644**

Specialty coffees, drinks, and pastries.

### **Falk Café**

Falk Medical Building, Fifth Avenue lobby

Weekdays, 7 a.m. to 1:15 p.m.

Sandwiches, salads, soups, and breakfast sweets.

### **Starbucks**

UPMC Presbyterian, 1<sup>st</sup> floor

Weekdays, 6:30 a.m. to 8 p.m.

Saturdays, 6:30 a.m. to 3 p.m.



# Organizations Related to Living-Donor Kidney Transplant

Below are resources to help answer any additional questions you may have about your kidney transplant.

## PATIENT EDUCATION

### **American Association of Kidney Patients (AAKP)**

**1-800-749-2257**

Email: [info@aakp.org](mailto:info@aakp.org)

[www.aakp.org](http://www.aakp.org)

### **American Kidney Fund**

[www.kidneyfund.org](http://www.kidneyfund.org)

### **Center for Organ Recovery & Education (CORE)**

**800-DONORS-7 (1-800-366-6777)**

[www.core.org](http://www.core.org)

### **Donate Life**

Donate Life is the U.S. Department of Health and Human Services website for organ and tissue donation and transplantation.

[www.organdonor.gov](http://www.organdonor.gov)

### **United Network for Organ Sharing (UNOS)**

**1-888-894-6361**

[www.unos.org](http://www.unos.org)

[www.transplantliving.org](http://www.transplantliving.org)

## NATIONAL RESOURCES

### American Diabetes Association

[www.diabetes.org](http://www.diabetes.org)

### National Kidney Foundation (NKF)

1-800-622-9010

[www.kidney.org](http://www.kidney.org)

## MEDICINE

### Partnership for Prescription Assistance (PPA)

1-888-477-2669

[www.pparx.org](http://www.pparx.org)

*continued*

## SUPPORT GROUPS

**Transplant Recipients International Organization  
(TRIO)**

**1-800-874-6386**

**[www.trioweb.org](http://www.trioweb.org)**

**Western Pennsylvania Kidney Support Groups**

**[www.wpakidneysupport.org](http://www.wpakidneysupport.org)**







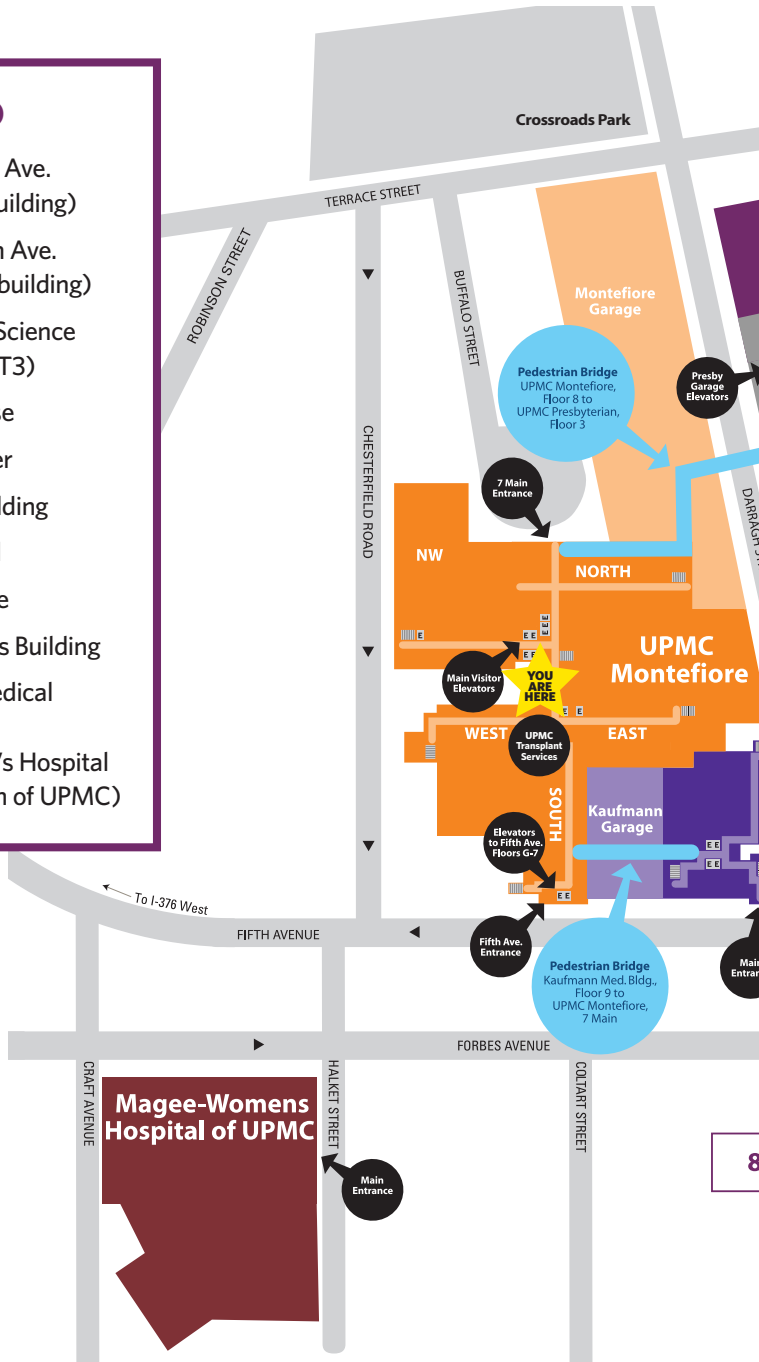




# UPMC Oakland Campus Map

## LEGEND

1. 3501 Forbes Ave.  
("Oxford" building)
2. 200 Meyran Ave.  
("Parkvale" building)
3. Biomedical Science Tower 3 (BST3)
4. Family House
5. Forbes Tower
6. Iroquois Building
7. Lothrop Hall
8. McKee Place
9. Medical Arts Building
10. Oakland Medical Building  
(of Children's Hospital of Pittsburgh of UPMC)





**Western Psychiatric  
Institute and Clinic**

**UPMC  
Presbyterian**

**Falk Medical  
Building**

**Kaufmann  
Medical Building**

**Eye & Ear  
Institute**



## **UPMC Transplant Services**

UPMC Montefiore, 7 South  
3459 Fifth Avenue  
Pittsburgh, PA 15213

**412-647-5800**

**877-640-6746**

**[UPMC.com/KidneyTransplant](http://UPMC.com/KidneyTransplant)**

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.