



My Passport to Living-Donation

Your Care. Our Commitment.

Welcome

Welcome to UPMC Transplant Services. This is your passport to living-donation — your guide to completing your donor evaluation. Each page gives important information about a member of your donor team. If at any time during your evaluation you have questions or concerns, please let us know.

Are You Eligible for Assistance through the National Living Donor Assistance Center (NLDAC)?

If you are thinking about being a living donor, it is very important to apply for assistance through the NLDAC. The NLDAC may be able to lessen some of the burden of donor expenses. Both the donor and recipient will need to fill out the application.

Talk to your living-donor transplant nurse coordinator for more information.

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Welcome to MyUPMC

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.

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).

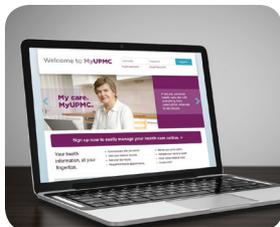
A video demonstration is available for you to watch at MyUPMC.com.

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.

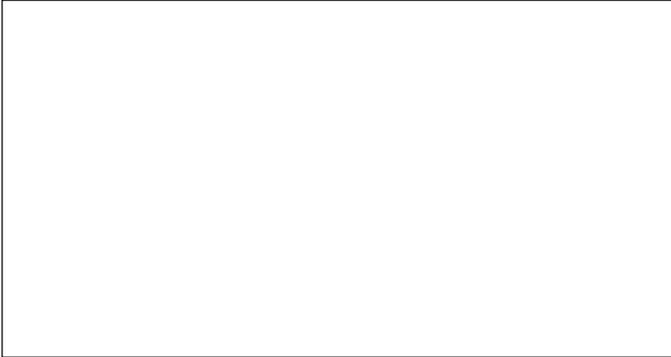
**My care.
My time.**



MyUPMC.

Transplant Physician

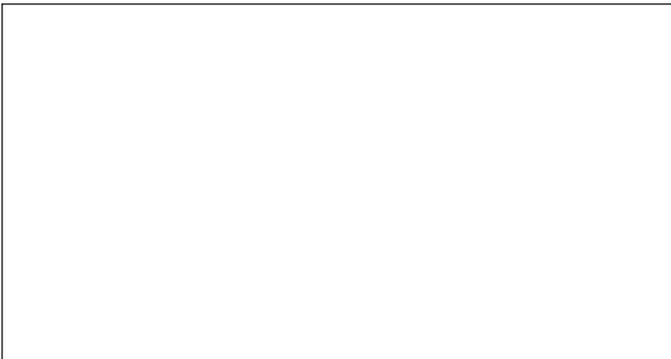
A transplant physician will perform a medical history and physical, and will focus on your ability to donate.



Transplant physician will place necessary contact information in above box.

Transplant Surgeon

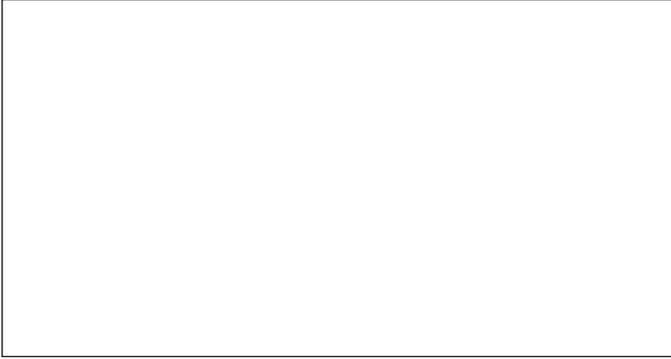
A transplant surgeon will assess your physical capability and risks for donation. The surgeon will review your medical and surgical history, and will address all options available.



Transplant surgeon will place necessary contact information in above box.

Living-Donor Transplant Nurse Coordinator

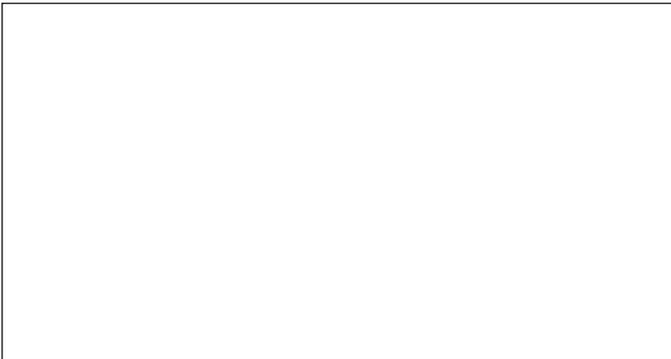
Your living-donor transplant nurse coordinator will talk with you about the donation process, and will also help take you through the evaluation process. Your living-donor transplant nurse coordinator is here to answer any questions you may have today and in the future.



Living-donor transplant nurse coordinator will place necessary contact information in above box.

Living-Donor Transplant Advocate

Your living-donor transplant advocate will be able to provide you with information about transplantation and donation, including the emotional, and psychological aspects of living-donation.



Living-donor transplant advocate will place necessary contact information in above box.

Transplant Nutritionist

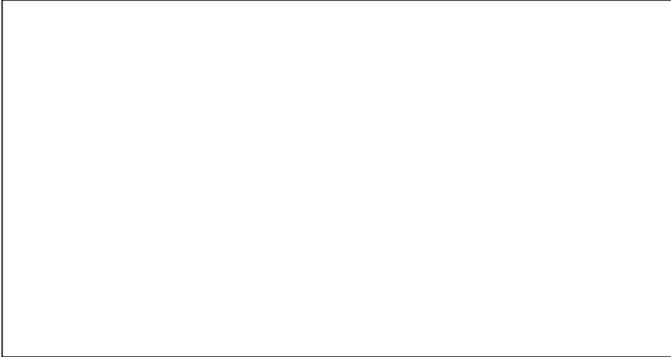
Your nutritionist will assess your nutritional status, and dietary knowledge, and will provide education on recommendations for your diet. The nutritionist also will help you to develop, begin, and maintain a nutritional program.

Transplant nutritionist will place necessary contact information in above box.



Transplant Social Worker

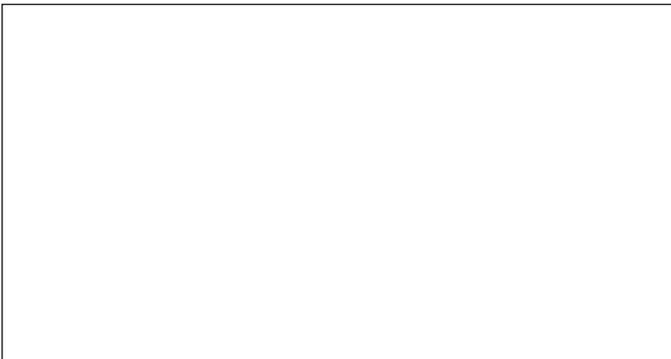
Your transplant social worker will discuss your support team at home, your prescription insurance coverage, and other social parts of the transplant process.



Transplant social worker will place necessary contact information in above box.

Transplant Pharmacist

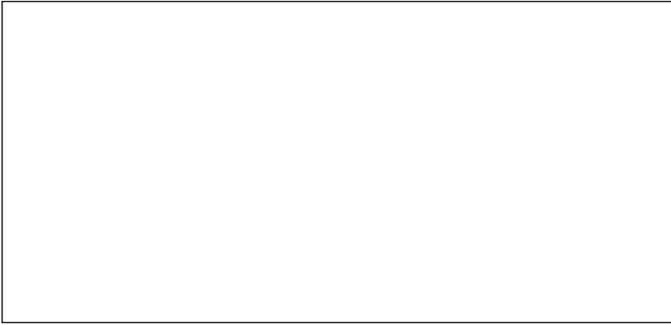
Your transplant pharmacist will meet with you to get a complete list of all medicines and supplements you take, both prescription and over-the-counter, and ask you how you take your medicines.



Transplant pharmacist will place necessary contact information in above box.

Transplant Behavioral Health Nursing

You may need to see a transplant behavioral health nurse during the course of your evaluation. If so, your clinical nurse specialist in psychiatric/mental health will meet with you to assess any current symptoms that are being treated, or may need to be treated. The nurse specialist will develop a set of recommendations for you to complete before your surgery.



Transplant behavioral health nurse will place necessary contact information in above box.

Transplant Psychiatrist

You may need to see a transplant psychiatrist during your evaluation process. If so, your transplant psychiatrist will screen for any illnesses that need treatment. Your transplant psychiatrist is also available to support and counsel you before and after your surgery.



Transplant psychiatrist will place necessary contact information in above box.

Transplant Credit Analyst (Finance)

The transplant recipient's insurance should cover many of the expenses related to donation, including evaluation, surgery, and certain follow-up appointments. Your transplant credit analyst will review your insurance coverage and benefits information.

Transplant credit analyst will place necessary contact information in above box.



Consults

A transplant physician and transplant surgeon will determine what other members of the UPMC care team should be involved in your donor evaluation. Your transplant living-donor nurse coordinator will review these appointments with you.

Consult:

Date and Time:

Physician:

Location:

Notes:

Check When Completed

Consult:

Date and Time:

Physician:

Location:

Notes:

Check When Completed

Consult:

Date and Time:

Physician:

Location:

Notes:

Check When Completed

Consult:

Date and Time:

Physician:

Location:

Notes:

Check When Completed

Blood Work

Your transplant physician and transplant surgeon will order specific blood work to be completed during your donor evaluation. You will have blood work on the day of your evaluation.

Blood draw completed:

Staff Initials: _____

Wrap-Up

Before your case is presented, the transplant team needs you to have these additional tests (listed below) completed. Please have results faxed to **412-692-4154**.

Your case will be presented to the transplant selection committee when all testing has been completed. Please keep in contact with your living-donor coordinator and let him or her know once the testing is complete. If you haven't heard within three weeks after all of your testing has been completed, please contact your living-donor coordinator.

Diagnostic Services

Your transplant physician and transplant surgeon will determine what diagnostic services are needed for your donor evaluation. We have schedulers available to help schedule testing at UPMC facilities. Your living-donor nurse coordinator will review these diagnostic services with you.

Electrocardiogram (EKG)

Check When Scheduled

Appointment Date: _____ **Time:** _____

Location: _____

(Check the box above when completed)

Check When Completed

Appointment Date: _____

Location: _____

(Check the box above when completed)

Not Required

Exercise Stress Echocardiogram (Echo)

Check When Scheduled

Appointment Date: _____ **Time:** _____

Location: _____

(Check the box above when completed)

Check When Completed

Appointment Date: _____

Location: _____

(Check the box above when completed)

Not Required

Cardiac Stress Test (Regadenoson SPECT)

Check When Scheduled

Appointment Date: _____ **Time:** _____

Location: _____

(Check the box above when completed)

Check When Completed

Appointment Date: _____

Location: _____

(Check the box above when completed)

Not Required



Chest X-Ray (2 View)

Check When Scheduled

Appointment Date: _____ **Time:** _____

Location: _____

(Check the box above when completed)

Check When Completed

Appointment Date: _____

Location: _____

(Check the box above when completed)

Not Required

Radiological Procedure (GFR or MRCP)

Check When Scheduled

Appointment Date: _____ **Time:** _____

Location: _____

(Check the box above when completed)

Check When Completed

Appointment Date: _____

Location: _____

(Check the box above when completed)

Not Required

Computed Tomography (CT) Scan

Check When Scheduled

Appointment Date: _____ **Time:** _____

Location: _____

(Check the box above when completed)

Check When Completed

Appointment Date: _____

Location: _____

(Check the box above when completed)

Not Required

Colonoscopy

(For men and women who are age 50 or older.)

Check When Scheduled

Appointment Date: _____ **Time:** _____

Location: _____

(Check the box above when completed)

Check When Completed

Appointment Date: _____

Location: _____

(Check the box above when completed)

Not Required

Mammogram

(For women who are age 40 or older.)

Check When Scheduled

Appointment Date: _____ **Time:** _____

Location: _____

(Check the box above when completed)

Check When Completed

Appointment Date: _____

Location: _____

(Check the box above when completed)

Not Required

Pap Smear

(For women between the ages of 21 and 65.)

Check When Scheduled

Appointment Date: _____ **Time:** _____

Location: _____

(Check the box above when completed)

Check When Completed

Appointment Date: _____

Location: _____

(Check the box above when completed)

Not Required

Other Testing

Test: _____

Appointment Date: _____ **Time:** _____

Location: _____

(Check the box above when completed)

Check When Completed

Test: _____

Appointment Date: _____ **Time:** _____

Location: _____

(Check the box above when completed)

Check When Completed

Test: _____

Appointment Date: _____ **Time:** _____

Location: _____

(Check the box above when completed)

Check When Completed

Test: _____

Appointment Date: _____ **Time:** _____

Location: _____

(Check the box above when completed)

Check When Completed

Important Information

UPMC Transplant Services

412-647-5800 | 877-640-6746

Fax your evaluation test results to:

412-692-4154

Radiology

(5th floor of UPMC Montefiore; 1st 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

UPMC Presbyterian and UPMC Montefiore Main Number

412-647-2345

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Patient and Visitor Information

Full Service PNC Bank

UPMC Presbyterian | 1st Floor

Bank Machine Locations

UPMC Montefiore | 7 Main lobby

UPMC Presbyterian

11th floor near the cafeteria and main lobby near the cashier
Walkway between UPMC Presbyterian and Falk Medical Building

Cafeterias

The two 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, 11th 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, 4th 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**

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

Quick-Serve

LHAS Café Express

UPMC Montefiore, 7 Main lobby
Weekdays, 6 a.m. to 5 p.m.
Call ahead for take-out: **412-802-8644**
Specialty coffees, drinks, and pastries.

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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, 1st floor

Weekdays, 6 a.m. to 7 p.m.

Saturday and Sunday, 6:30 a.m. to 2:30 p.m.

Organizations Related to Living-Donation

Below are resources to help answer any additional questions you may have about living-donation.

Patient Education

American Liver Foundation

1-800-GO-LIVER | www.liverfoundation.org

American Society of Transplantation

856-439-9986 | www.myast.org

American Society of Transplant Surgeons

703-414-7870 | www.ast.org

Center for Organ Recovery & Education (CORE)

800-DONORS-7 | www.core.org

Community Liver Alliance

412-501-3252 | www.communityliveralliance.org

Donate Life

www.organdonor.gov

International Transplant Nurses Society

847-375-6340 | www.itns.org

United Network for Organ Sharing (UNOS)

www.transplantliving.org

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Organizations Related to Liver Transplant *(continued)*

Transportation Assistance

Air Care Alliance

888-260-9707 | www.aircareall.org

Angel Flight East

800-383-WING (9464) | www.angelflighteast.org

Fundraising/Donor Financial Assistance

American Living Organ Donor Network

www.helpivingdonorssavelives.org

HelpHOPELive

www.helphopelive.org

National Foundation for Transplants

www.transplants.org

National Living Donor Assistance Center

www.livingdonorassistance.org

The Casey Fund

For more information, please contact your Transplant Social Worker.

Insurance Assistance

APPRISE

For more information, use an online search engine and type in "Apprise-Pennsylvania."

National Kidney Registry

www.kidneyregistry.org

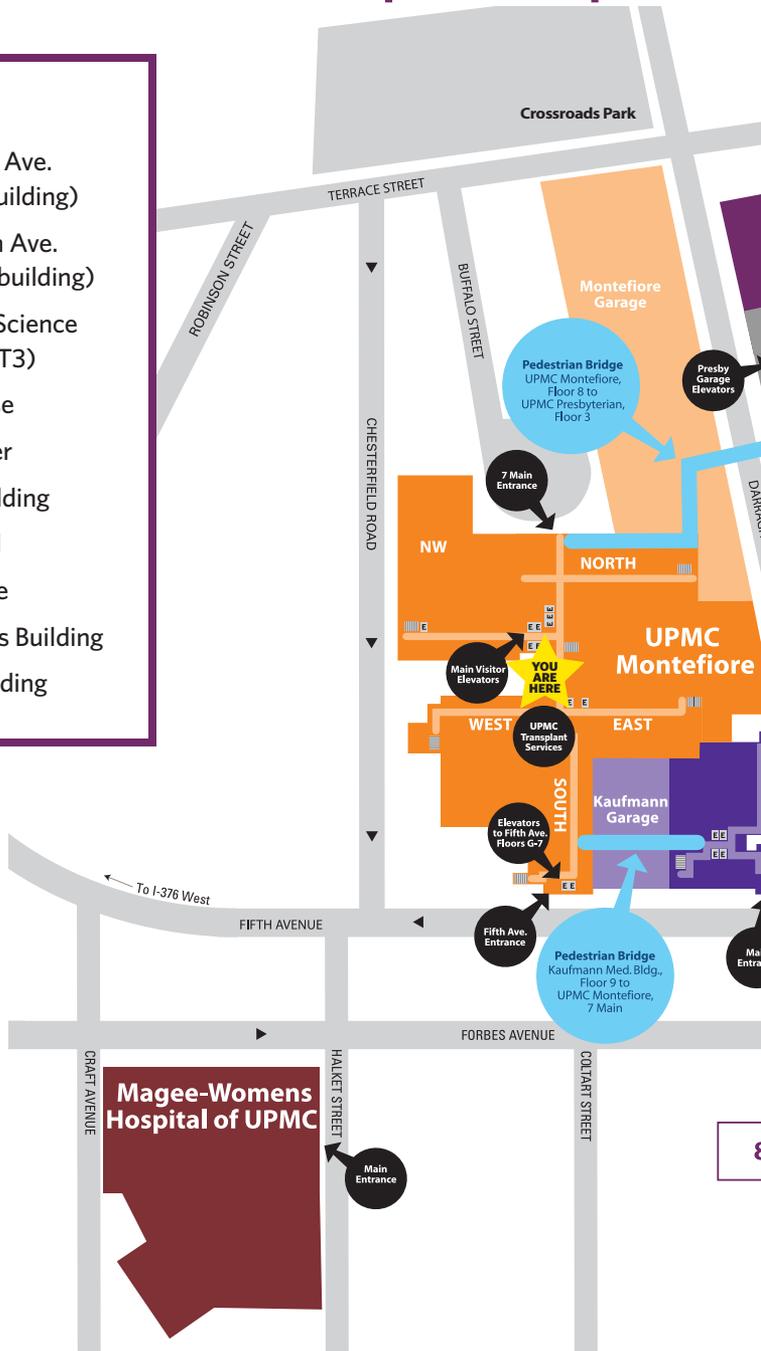
Pennsylvania Health Law Project

www.phlp.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. Victoria Building







UPMC Transplant Services

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

412-647-5800

877-640-6746

[UPMC.com/LivingDonorLiver](https://www.upmc.com/LivingDonorLiver)

[UPMC.com/LivingDonorKidney](https://www.upmc.com/LivingDonorKidney)

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.