

## When to Call Your Cardiac Transplant Team

*It is very important to tell your transplant team about any changes in your health. The key to treating transplant-related problems, including rejection and infections, is to find them early and start treatment quickly.*

*Cardiac Transplant Office: Call 206-598-8181.*

*UWMC Paging Operator: Call 206-598-6190 and ask for the Cardiology B Fellow on call to be paged.*

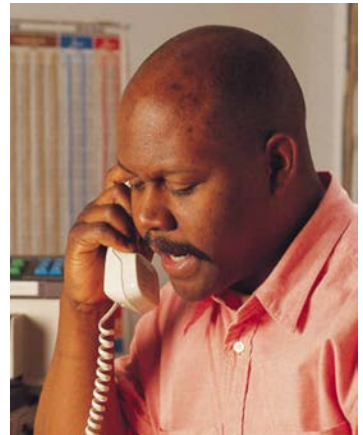
### If You Have Urgent Symptoms

Some symptoms must be reported to your transplant team right away.

- Weekdays between 8 a.m. and 4:30 p.m., call **206-598-8181** and ask to speak with your nurse.
- After hours and on weekends and holidays, call **206-744-2500**. Say you are a heart transplant patient. A nurse will assess your problem and help you.

### Call Right Away If You Have:

- Temperature increase of 1 degree or more over your normal range
- Vomiting, especially if it occurs more than once or you vomit any of your immunosuppressant medicines
- A sudden drop or rise in blood pressure (from your normal range) and headache, lightheadedness, seeing spots, or feeling faint
- A sudden change in your heart rate, especially if it goes higher than 120 or lower than 70 beats per minute
- Shortness of breath
- Cough with mucus that is yellow or green
- Chills



*Call your transplant nurse right away if you have any of these symptoms.*

## Other Symptoms

Call your transplant nurse at 206-598-8181 about any other symptoms. Your nurse will talk with your doctor and call you back with instructions.

### Call your transplant nurse if you have:

- Gradual decrease in your energy level
- Burning or pain when urinating
- Reddened or draining skin wound
- New skin sores or rashes
- Muscle or joint aches
- Diarrhea
- Increasing ankle swelling and weight gain
- Mild cold symptoms *without* a temperature rise of 1 degree or more
- Abdominal discomfort

If you are not sure if you should call the transplant team about any symptoms, it is better to be safe and call us. We are here to help you, and your health is important to us.

## Emergencies

- If you feel you are having an emergency, call 9-1-1.
- If you are in the Seattle area, ask the paramedics to bring you to the emergency room at UWMC. Ask someone to call the transplant team to let us know you are on your way in to the hospital.
- If you are outside of the Seattle area, ask someone at your local hospital to let us know you are there.

## Other Issues

If you have questions about your clinic or biopsy visits, medicine refills, or other non-emergency issues, call the Cardiac Transplant office at 206-598-8181 weekdays from 8 a.m. to 4:30 p.m.

### Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Cardiology Clinic:  
Weekdays 8 a.m. to 5 p.m.,  
call 206-598-4300.

After hours and on weekends and holidays, call 206-744-2500. Say you are a heart transplant patient. A nurse will assess your problem and help you.