Chest Tubes to Suction

- Regular diet
- Out of bed 3 times a day for meals, add more time each day with a goal of 2 hours in the chair at a time
- Walk 3 to 4 times a day, walking farther each day
- Physical therapy and occupational therapy training for activity goals and restrictions
- Medicine teaching with nurse, pharmacist, and caregiver
- Choose pharmacy in Seattle area, work with pharmacist to plan prescriptions for home
- Caregivers get home monitoring supplies: blood pressure cuff, thermometer, scale
- Diabetes teaching with nurse and caregiver
- Keep using incentive spirometer (with cough and deep breathing) and Acapella
- Finalize plan for local housing with social worker, if needed
- Nurse will order glucometer and help you get monitoring supplies

Chest Tubes to Water Seal/Removal

- Learn about and prepare for co-pays for prescriptions
- Review medicines with nurse
- Diet teaching with dietitian
- Transplant teaching with Transplant Coordinator
- Microspirometry training with respiratory therapist starting 3 to 4 days before discharge

After chest tubes are removed:

- Shower training with occupational therapist
- Pulmonary function testing in Lung Testing Center
- Complete microspirometry training and practice with respiratory therapist

Discharge Day

- Teaching on pain control and opioid medicines
- Get all medicines for first month from pharmacy and bring them to your hospital room
- Fill 7 days of mediset with pharmacist and caregiver
- Final review of transplant and diabetes teaching with nurse
- Review follow-up visit schedule with Transplant Coordinator

Before Discharge

You should understand:

- How to care for incisions at home
- Purposes, doses, and routines for medicines
- How to fill and adjust mediset
- How to prevent infections
- Daily home monitoring and vital signs
- Your movement restrictions
- Signs and symptoms to report
- Who to contact with questions
- Follow-up plan and medicines to hold for blood draws

You will need:

- Microspirometer (hospital will provide)
- Box of masks (hospital will provide)
- Scale
- Blood pressure cuff (automatic)
- Glucometer (hospital will provide)
- Monitoring supplies (you will receive a prescription to fill)
- Medicines (from UWMC Pharmacy and maybe another pharmacy)