


Planning for Liver Transplant

How to prepare

Transplant surgery can happen at any time and with short notice. You must be ready to leave your home quickly and travel safely to OHSU. After your hospital stay, you must stay in the Portland area for 3 months due to increased risks for complications. Being well-prepared for an organ transplant is a key part of your success.

Clinical Transplant Services Liver Transplant Services

3181 SW Sam Jackson Park Rd.
Portland, OR 97239

 503-494-8500



At home

Plan for how to pay your rent/mortgage, utility bills, credit card payments, etc.

- Think about setting up automatic billing.
- Choose someone to pay your bills for you.




At work

Learn about taking time off from work for you or your support persons.

- Find out if you qualify for medical or family leave benefits through an employer or the state. (Oregon, Washington and California all offer paid family and medical leave benefits—see resources at the end.)
- Know who to contact when applying for leave and how to get any required forms.
- Find out when you need to apply for leave.
- Know how much and for how long your employer will pay for your leave.
- Have a plan for how to cover any loss of income.

If you have any questions, call:

 503-494-8500



Planning for those who depend on you

If you have people who you take care of, you will need a plan for someone else to tend to their needs while you are away.

- Children under 18 years old
- Older adults or people with special needs you care for
- Pets



Getting to Portland

- Make sure you have a working vehicle with a full tank of gas.
- Plan for someone to come with you at the time of surgery.
- Have directions to OHSU.



Packing for the hospital

Unless you live nearby, bring enough clothes and supplies for a month.

- Digital thermometer (for your mouth)
- Your medications
- Phone, tablets, chargers
- Toiletries
- Written contact list in case you lose your phone
- Insurance card(s)
- Comfortable clothes
- Something to do like a book, cards, small craft project, etc.

OHSU does not provide lodging for your support person while you are in the hospital. They might not be able to stay in your hospital room. Have a plan for where they will stay.

Staying near OHSU

All patients must remain within 90 miles of OHSU for the first 3 months after the hospital stay. Your support person should be with you during this time.

- You may go home if you live within 90 miles of OHSU.
- If you live further than 90 miles, you need to stay locally for 3 months.

Ideas for places to stay

- Family or friends who live within 90 miles of OHSU.
- Hotels: See the attached list of hotels in the area. Plan to spend at least \$3,500 per month for a hotel. Some hotels offer an “OHSU discount.” This is type of offer can vary from one hotel to the next.
- Vacation home: Look up rentals on AirBnB.com or VRBO.com. Plan to spend at least \$4,000 for a rental.
- RV: If you have an RV, you may want to drive it to Portland and stay in it.
 - OHSU provides limited RV parking. For more information, check the OHSU RV parking website at <https://www.ohsu.edu/visit/rv-parking-patients-reservation>.
 - Look for a local RV park. Make sure you know which RV parks offer short-term rentals and how much they cost. Plan to spend at least \$1,200 for a slip rental.
- OHSU has a very limited amount of RV spots and rooms at the Rood Family Pavilion. These options may be full when you need them, so you should not count on them in your planning.

Travel benefits

Some insurance plans offer to pay you back for travel costs for medical care. You pay upfront for lodging, meals, and mileage. Then you submit receipts to get a refund up to a certain amount.

Medicaid: if you get medical transportation already, you can likely get help for travel to care. Call your medical transportation service for details.

Private insurance: A few plans offer travel benefits. Call the customer service number on your insurance card and ask about “travel or transplant benefits.”

After your hospital stay



Transportation:

You will not be able to drive for 4 weeks after discharge. Make sure you have someone who can bring you to all your appointments at OHSU (2-3 times a week).



Activity restrictions:

You will not be able to pick up anything heavier than 10 pounds for the first 6 weeks after surgery. Make sure your support person can lift your suitcase, grocery bags, etc.



Lab and doctor appointments:

For 3 months, plan to attend labs/appointments 2-3 times a week at OHSU.

- You must attend all labs and post-transplant appointments. These are difficult to reschedule if you miss one.
- Your support person should come to all appointments for the first month to get instructions about your care.
- Get all labs done at OHSU for the first month.
- Video visits may be an option for some after-transplant doctor appointments.

 **Support person(s)**

You will need support following transplant surgery. You must choose two people who can do this. List your support persons below:

Name: _____

Phone number: _____

Name: _____

Phone number: _____

Your support person is responsible for:

- Visiting you while you are in the hospital.
- Attending teaching sessions.
- Staying with you full time (24/7) for 1-3 months after surgery.
- Driving you to/from all your appointments for the first month.
- Managing your medications.
- Checking daily vital signs.
- Giving emotional support.
- Calling the transplant team with any concerns.

Resources

Family and Medical Leave Benefits		
Paid Leave Oregon (medical and family leave benefits)	paidleave.oregon.gov	1-833-854-0166
Washington Paid Leave (medical and family leave benefits)	paidleave.wa.gov	1-833-717-2273
Federal Family and Medical Leave Act (unpaid leave)	dol.gov/agencies/whd/fmla	
Medicaid Travel Benefits		
Oregon	oregon.gov/oha/hsd/ohp/pages/nemt.aspx	
Washington	hca.wa.gov/free-or-low-cost-healthcare/i-need-medical-dental-or-vision-care/transportation-services-nonemergency	
Fundraising		
Help Hope Live	helphopelive.org	1-800-642-8399
Aging and Disability Services		
Oregon	oregon.gov/dhs/seniors-disabilities/Pages/index.aspx	1-855-673-2372
Washington	dshs.wa.gov/ALTSA/resources	
Medicare		
Oregon SHIBA (senior health insurance benefits advisors)	Shiba.oregon.gov	1-800-722-4134
Washington SHIBA (senior health insurance benefits advisors)	insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba	1-800-562-6900

