

TYPICAL DAILY SCHEDULE

This is an example of what your new daily routine could look like.



8AM – 11AM	Wake up
	Empty your bladder
	Vital Signs log - Take and record blood pressure, pulse, temperature, and weight
	Breathing exercises - Do your nebs, incentive spirometer, flutter valve and deep breathing
	PFT's - perform 3 times on home spirometer and record on your log sheet.
	Wash up after you have rested from your breathing exercises. Remember to take rest time in between activities
	Breakfast - Take your blood sugar reading, if needed give your insulin per sliding scale; eat breakfast after you check sugars
	Meds - Take your morning pills, but if the nurse is coming to drawn your blood, do not take your tacrolimus and antifungal medication until after blood is drawn
	Rest, Leisure & Exercise - Take a walk after eating to help with digestion; rest if needed
	Meds - Take any mid-morning pills and snack if needed
12PM – 2PM	Breathing exercises - Do your albuterol nebs (if needed), incentive spirometer, flutter valve and deep breathing
	Meds - Take any scheduled pills
	Lunch - Take your blood sugar reading, if needed give your insulin per sliding scale; eat lunch after you check sugars
	Rest, Leisure & Exercise – Take a walk after eating to help with digestion; rest if needed
4PM – 7PM	Breathing exercises - Do your albuterol nebs (if needed), incentive spirometer, flutter valve and deep breathing
	Meds - Take any scheduled pills and snack if needed
	Dinner - Take your blood sugar reading, if needed give your insulin per sliding scale; eat dinner after you check sugar
	Rest, Leisure & Exercise - Take a walk after eating to help with digestion; rest if needed
8PM – 10PM	Breathing exercises - Do your albuterol nebs (if needed), incentive spirometer, flutter valve and deep breathing
	PFT's – perform 3 times on home spirometer and record on your log sheet
	Meds - Take any scheduled pills.
	Vital Signs log - Take and record blood pressure, pulse, temperature, weight, and glucose before bedtime; give insulin if needed; avoid bedtime snacks

LUNG TRANSPLANT INFECTION PRECAUTION FAST FACTS

Greatest Risk for Infection:

- During the first 6 months after transplant
- Anytime you are being treated for a rejection episode
- During an invasive procedure or test
- Exposures in the hospital or community (during flu season, in contact with people who have been sick)

Prevention:

- Frequent and thorough handwashing using antimicrobial soap and water or use of hand sanitizer (Purell) is the best way to prevent infection. Most organisms are acquired through direct contact.
- Hand wash:
 - Before eating or preparing food
 - After touching animals or pets
 - After touching secretions, excretions or items that have been in contact with human or animal feces (bedpans, toilets, bedding)
 - Before and after touching any wound or mucous membrane
- Avoid going barefoot
 - Shoes, socks, long pants, long sleeve shirts should be worn in parks or wooded areas
 - Use insect repellent and avoid outdoor exposures at dawn and dusk to prevent exposure to West Nile Virus
- Respiratory is the second most frequent mode of transmission
 - Avoid close contact with people with colds, runny noses, cough
 - Avoid crowded areas (shopping areas, subways, elevators, concerts, movie theater)
 - Wear mask if it is a family member that cannot be avoided
 - Avoid being in areas where people smoke
 - Avoid marijuana (can cause fungal infections)
 - Avoid exposure to people with tuberculosis or people at higher risk for Tb (prisons, jails, homeless shelters, certain healthcare settings)
 - Avoid construction areas or areas with a lot of ground digging
 - Avoid exposure to soils, fertilizer, decaying vegetation, compost piles, gardening, plant and soil aerosols, bird waste, caves, chicken coops
- Water - another mode of transmission for infection
 - City water is typically safe
 - Boiling water for 1 minute can eliminate risk for infection transmission
 - Avoid well water from private or public wells, unless checked frequently for bacterial pathogens
 - Avoid water that could be contaminated with human or animal waste (farms, roadside vegetable stands)
 - Do not drink water directly from lakes or rivers
 - Avoid swallowing water in pools
 - Avoid hot tubs and any non-chlorinated body of water

- Food Safety
 - Avoid eating or drinking food made with unpasteurized milk (cheese)
 - Avoid eating raw or uncooked eggs, or food containing raw eggs (cookie batter, homemade mayonnaise, salad dressings, hollandaise sauce)
 - Avoid raw or uncooked meat, chicken, fish
 - Avoid raw or undercooked seafood such as mussels, clams, oysters (risk of hepatitis, cryptosporidium)
 - Avoid raw seed sprouts such as alfalfa, mung beans (risk of E. coli)
 - Avoid raw green onions (risk of hepatitis A)
 - Avoid soft cheeses like feta and brie (unless pasteurized)
 - Avoid fruits and vegetables that are not washed
 - Avoid restaurants, salad bars, and buffets where multiple people may have handled food
 - Avoid deli meats (risk for listeria), unless cooked or microwaved
 - Reheat leftovers to appropriate temperature
 - Avoid food that has been sitting out for a prolonged period of time, such as picnic food
- Animal Contact
 - Avoid working in a veterinarians office, pet store, farm
 - Wash hands after touching animals
 - Avoid stray animals
 - Avoid animal scratches
 - Avoid birds, bird droppings, cages
 - Avoid baby chickens and ducklings (risk of salmonella)
 - Avoid reptiles, snakes, lizards, turtles (risk of salmonella)
 - If you have a pet, keep it healthy with regular veterinary visits
 - Avoid raw food diets for pets
 - Avoid kittens, as they are more likely to be infected; avoid emptying litter boxes or feces exposure
 - Notify transplant team if you are scratched or bitten by any animal
- Safe Sexual Practices
 - Hepatitis B and C, HSV (herpes) are all sexually transmitted
 - Always use condom when not in a long-term monogamous relationship
 - Consider using condom with long-term partner during first 6 months post-transplant and during periods of increased immunosuppression (rejection episode)
 - Consider sternal precautions with positioning – avoid positions that cause discomfort
- Travel Safety
 - Trips to areas outside of the U.S. are discouraged during the first year
 - Discuss travel plans with your transplant team before purchasing flights etc.
 - Travel advisories can be found on <http://cdc.gov>
 - Transplant team recommends seeing a Travel Clinic before international trips
 - Tips for traveling safety:
 - Be cautious of developing countries like parts of Mexico, South America, etc
 - Avoid tap water, ice, can boil tap water or disinfect with portable filters
 - Ingest fruits and veggies that can be peeled
 - Make sure food is “steaming” hot
 - Drink bottled water
 - Avoid fresh fruit, dairy products