



Allina Health

ABBOTT  
NORTHWESTERN  
HOSPITAL

## Waiting for “The Call”

After being listed for heart transplant, we are often asked “what now?”

To best support you, we want to give you some guidelines and ensure that you know your resources.

**Stay Healthy** – Do your best to remain healthy. Wash hands frequently, wear a face covering when in public places, avoid known sick people, eat healthful foods to maintain a healthy weight and improve nutritional status.

**Optimize physical Fitness** – Attend cardiac rehab, go for walks, exercise as much as physically able. The speed of recovery time can be greatly affected by your physical state going in to the surgery.

**Routine Office Visits** – It is very important that you continue health maintenance visits with your primary doctor as well as with the Heart Failure Team. If you do not have a primary doctor, now would be the time to find one. Your primary doctor is a key part of your healthcare team after transplant.

**Labs** – We may ask that you go in periodically for organ-specific labs. We will call you with the results once they are received.

**Mental Health** – This can be a stressful and emotional time. Talk to family and friends about how you are feeling. Attend a Transplant Support group to talk with other people who have been through a similar situation. Reach out to one of our transplant social workers for other resources 612-775-5007.

**Constant Communication** – We need to be in communication about any changes happening with your health. Call the Transplant Office with any changes or updates 612/863-5638. The Transplant Coordinator will try and see you every visit to the ANW clinic to answer questions and check in with you.

**Distance Travel** – If you plan to travel more than 1 hour away from your home we need to be made aware of it. We need to know that you are within an available distance to get to Abbott Northwestern Hospital should an organ become available.

**Maintain Insurance or notify us of any changes** – If you are thinking of changing your insurance coverage, please call our Transplant Financial Clearance Representative at 612-863-3669 prior to making any changes to ensure that you will still have coverage at our center.