

Routine Labwork

Reason For Labwork:

The heart transplant team will need to monitor your labwork for the rest of your life. The reason for this is to check for signs of infection, rejection, and side effects of medication.

What we are checking:

The heart transplant team checks many different body systems via blood tests each time you get your labwork. We check your levels of red and white blood cells, as well as platelets and other blood cell components. We check the function of your kidneys and liver and check your electrolytes. We check certain medication levels to be sure that your anti-rejection drugs are at "therapeutic" levels.

Frequency: (this is just a guideline, you may have different schedule according to your needs)

Weeks 1-6 after discharge- Labwork twice a week on Mondays and Thursdays or as directed

Weeks 7-12 (2-3 months) - Labwork weekly on Mondays or as directed

Weeks 13-24 (3-6 months) – Labwork every other week on Mondays or as directed

Beyond 6 months- Labwork monthly to every 2-3 months, max every 3 months depending on how stable are your values

Location of UCSF Lab:

400 Parnassus Outpatient Lab 1st Floor Lobby for the first 6-8 weeks after discharge;

OPEN: Monday- Friday 7:30 am to 6:30 pm Holidays 8 am to 4:30 pm
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Quest lab after your return to home depending on your insurance coverage

Special Instructions:

Labs should be drawn between 11-12 hours after your night-time dose of Prograf (tacrolimus) and before you take your morning dose. Therefore, please **get your labs drawn before 8am to insure we get the results same day.**

On the morning of your labwork DO NOT EAT OR TAKE any medications until after your labwork is completed.

DO BRING YOUR MEDICINE WITH YOU TO THE LAB ALONG WITH SOMETHING TO EAT AND TAKE THE MEDICATION IMMEDIATELY AFTER YOUR LABWORK IS COMPLETED.

What to Expect:

Your labwork will be reviewed by the heart transplant team as soon as the results are available and you will be contacted if any medication changes need to be made. Feel free to contact your transplant coordinator at any time with questions regarding your lab results.