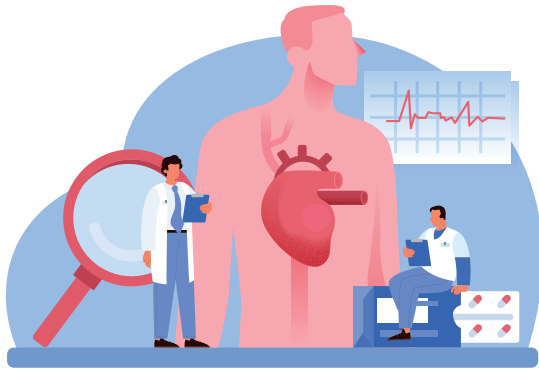


What Happens after a heart transplant?

1. The hospital stay is usually for 3 – 4 weeks depending on the condition initially in the intensive care and high dependency unit.
2. Immunosuppressant medication will be initiated with antibiotics.
3. Cardiac biopsies may be required as per schedule.
4. During your hospital stay, you will need cardiac rehabilitation including physiotherapy.
5. Education program will be offered about diet, medication, and follow-up.
6. There will be a special heart transplant team available to assess and follow up the patient after heart transplantation. A regular follow up will be provided for all necessary care and medication.



Patient and Family Education

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Heart Transplant

New heart, New life

What is heart failure?

Heart failure is a condition in which the heart is unable to pump blood around the body properly. It is a progressive and chronic condition requiring long-term follow up. The disease starts slowly and gets worse over time. The heart has become too weak or stiff. Heart failure does not mean your heart has stopped working. It simply needs more support to work better. Initially the heart is supported with combination of medicines and if it doesn't work then heart is supported with different kind of pacemaker devices or surgeries if required, if all these treatments are not working then some patients may require heart transplant, patients after heart transplant have been quality of life and are able to live an active life.

What are causes of heart failure?

- Heart attack/blockages in arteries of the heart.
- High blood pressure.
- Valvular heart disease.
- Age, family history of heart failure, smoking and diabetes.

What are symptoms of heart failure?

1. Difficulty in breath on effort and on lying flat.
2. Feeling tired all the time or even with simple daily activities.
3. Cough mainly at night.
4. Swelling of ankles, legs or abdomen, unusual weight gain.

Is heart failure common?

Heart failure affects about 1-2% of adult population and it increases with increasing age.

What is advanced heart failure?

Advanced heart failure is a heart failure with severe symptoms and weakness of heart. It comprises up to 10 percent of the overall heart failure population.

How to manage heart failure?

The initial treatment of heart failure is a combination of:

1. Medication.
2. Lifestyle and dietary modification.
3. Implantation of some device to control rhythm and improve symptoms.
4. The patient is unable to do his/her daily activities with frequent hospital admission. Heart transplant is being considered.

What is a Heart Transplant?

A heart transplant is a type of heart surgery. The surgeon replaces your diseased heart with a healthy heart from a donor.

What is the benefit of a Heart Transplant?

The major benefit of heart transplantation is to improve survival and quality of life. This also allow the patient to go back to his / her routine life activities. The 1- year survival after heart transplant is 90% and median survival of 12.2 years.

Who needs a Heart Transplant?

1. Severe Heart failure not improving with medication and supporting devices.
2. Severe symptoms of heart failure interfering with routine activities at home or work.
3. Frequent visits to doctor or emergency with symptoms of heart failure.
4. Frequent admissions to hospital with heart failure.
5. Not tolerating heart failure medication because of low blood pressure or side effects.
6. Requiring medication/mechanical support to help heart pump blood around the body.

