

## VISITOR INFORMATION

### Visiting Policy and Visiting Hours

Visitors must sign in at the nursing station and wear a pink VISITOR sticker that must remain visible at all times while on the unit. This helps us identify and reduce unauthorized visitors on the unit.

We welcome visitors at all times; however, visitors are NOT permitted to stay OVERNIGHT in patient rooms. *No more than 2 visitors are allowed per patient at any time.*

### Visitor Health

We all have a role to play in helping to protect all patients from serious infections that can be spread in the hospital. Visitors who are feeling sick or unwell should not come to the hospital.

### Hand Washing

Visitors must wash their hands when entering and leaving a patient room to prevent the spread of harmful infections. Signs will be posted on the patient's door if additional precautions are needed (i.e. gloves, gown, mask, goggles).

### Washrooms

Visitors are not permitted to use patient washrooms. Public washrooms are located in the hallway between the unit and the elevators.

### MOT is a Scent Free Environment

Please do not use scented products before visiting.



## COMMON AREAS

### Visitor Lounge

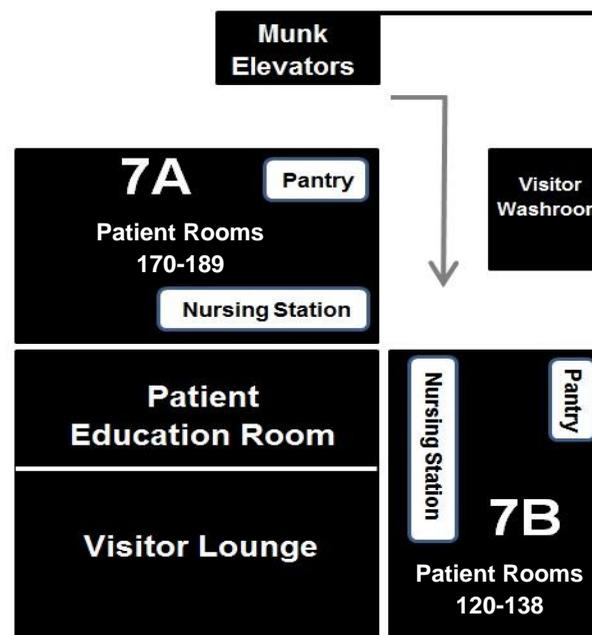
Cable TV, vending machines, and patient education materials are available in the Visitor Lounge located between the 7A and 7B wings.

### Patient Education Room

A computer with internet access is available in the Patient Education Room located between the 7A and 7B wings. This room is unavailable during teaching/meeting times.

### Pantry

A refrigerator, microwave, kettle, and ice/water machine are available in the pantry located on 7A and 7B. ► **Please remember to wash your hands in all common areas.**



Multi-Organ Transplant

# Multi-Organ Transplant Unit

## 7A/B Munk

Toronto General Hospital

University Health Network

**416 340 5163**

The Multi-Organ Transplant provides care to recipients of heart, lung, liver, kidney, pancreas, and small bowel transplant as well as people who have donated part of their liver or a kidney.

This leaflet will provide you and your loved ones with some information that may be useful during your stay on the Transplant Unit.



## GENERAL UNIT INFORMATION

### What to Expect

Your length of stay on the transplant unit can vary greatly depending on the reason for admission. During your stay, you may have numerous tests and procedures or receive specialized medications. We encourage you to ask questions and express any concerns. Writing your questions down can help you remember them.

### What to Bring

Personal toiletries such as electric razors, slippers, a robe and a toothbrush greatly enhance patient comfort. Books, magazines, and personal audiovisual devices are often a welcome distraction. Free WIFI ("UHN Guest") is available at the hospital.

### What NOT to Bring

The following items are not permitted on our unit



Latex Balloons    Flowers    Plants    Valuable Items

The hospital is not responsible for lost/stolen items.

### DO Not Put Tape on Walls

We try our very best to keep the unit clean and presentable. Please do NOT tape anything to the walls. Speak to your nurse if you would like to post pictures in your room.

## UNIT ROUTINE

### Nurses

The nurses work 12 hour shifts from 7:15 to 7:15. Nurses are available 24 hours a day but are generally busy from 7:00 to 8:00 during the change of shift. At the change of shift, you will be asked to participate in bedside shift report, where one nurse is handing over your care to another nurse.

The nurses look after 4 or 5 patients at a time. Nurses frequently check on patients throughout the day and night. If you need immediate assistance, please use the call bell available in your room.

### Telephone Updates to Family/Friends

Each patient should choose a spokesperson that should be the primary contact for updates. We ask that your designated spokesperson avoids calling from 7:00 to 9:30 in the morning or evening as this is a very busy time for the patients and nurses.

### Exercise

It is very important to develop and maintain your independence by slowly increasing activity after surgery. Sitting up in the chair, performing self-care, and walking in the hallway are excellent ways to improve your strength and stamina. We also encourage your family to participate in your recovery.



## FOOD



Meal trays are delivered each day at the approximate times:

**8:00 am Breakfast**  
**12:00 pm Lunch**  
**5:00 pm Dinner**

### Food Court

The Food Court is located on the Ground Floor and is open until 9pm. Tim Hortons is located on the 1<sup>st</sup> floor (take the designated elevators that go to "1R") and Starbucks is located in the Lobby area of the Munk Building.

### Food from Home

Family and friends can bring you food while in hospital. Please check with your nurse to ensure that you are not on a restricted diet.

Food can be stored in the fridges located in the pantry on 7A and 7B (see map at back). All food items left in the fridge should be labeled with your name and the date. The ward clerk can provide you with labels upon request.