

UCMC -Liver Transplant Tobacco Cessation Guideline

Tobacco cessation is required prior to listing in all candidates with any of the following diagnoses/history:

Coronary Artery Disease (CAD):	History of Myocardial Infarction, Percutaneous Coronary Intervention (cardiac stents or angioplasty), Coronary Artery Bypass Grafts, or non-obstructive CAD (angiographic evidence)
Chronic Obstructive Pulmonary Disease (COPD) Moderate or Severe	FEV1/FVC ratio < 0.7 AND FEV1 < 60% predicted
Peripheral Arterial Disease	ABI < 0.8 or diagnosed by angiography, CT, MRA, or ultrasound
Hepatocellular Carcinoma (HCC)	Biopsy proven or radiographic evidence (arterial enhancement, wash-out on portal venous phase and delayed phases, peripheral rim enhancement, 50% growth < 6 months, AFP > 400)
History of certain cancers	Head and Neck, Breast, Lung, Gastric, or Urothelial

The evaluation process will be revised as follows for candidates required to quit using tobacco

- Evaluations may be started, but listing will be postponed until abstinence has been verified.
- Consultation will be recommended to a tobacco cessation specialist (584-QUIT).
- Tobacco cessation will be verified by cotinine levels and/or urinary nicotine ordered at regular intervals at the team's discretion.
- Candidates using tobacco cessation medications (e.g. nicotine patch or gum) can be listed once carboxyhemoglobin levels are negative for smokers and cotinine levels/urinary nicotine are negative for patients using chewing tobacco (the goal of tobacco cessation medications is to utilize for no longer than 12 weeks).
- Candidates will be given 6 months to quit tobacco and will be discussed in the Selection Committee if unable to do so with consideration to decline the candidate for transplant.

Candidates in the following scenarios that are currently using tobacco may be eligible for a listing exception (determined on a case by case basis)

- Status 1A listing
- Evaluation testing is complete, satisfactory AND candidate currently engaged in smoking cessation program AND native MELD \geq 25
- Evaluation testing is complete, satisfactory AND candidate currently engaged in smoking cessation program AND develops acute on chronic liver failure (hospital admission) requiring urgent transplantation.

NOTE: Candidates discharged w/o transplantation are expected to engage and complete smoking cessation

- New inpatient transfer that satisfactorily completes inpatient work up AND is less likely to be discharged w/o transplantation.

NOTE: Candidates discharged w/o transplantation are expected to engage and complete smoking cessation.