

Date_____

UNC MR#_____

Patient Name_____

The Transplant Program at UNC Hospitals has a strict no-tolerance policy about drug and alcohol use before, during, and after transplant. Because of your history of alcohol and/or substance abuse, you must do the following before we can consider you for a liver transplant:

1. You must receive on-going relapse prevention counseling for alcohol and/or substance abuse for a **minimum of 6 months, every other week (twice a month), for at least 12 sessions.** Your counselor must be a licensed, certified addictions counselor or a Ph.D.-level psychologist. Once they evaluate you, you may be referred to individual therapy, group therapy, or a combination of the two. You must follow their recommendations, even if it results in more than 6 months and/or more than 12 sessions. Although we encourage it, Alcoholic Anonymous (AA) or Narcotics Anonymous (NA) meetings will not count toward your counseling requirement. **It is your responsibility to provide proof of counseling.**
2. You must prove that you have not used drugs and alcohol by having **negative toxicology screens for both drugs and alcohol every month for at least 6 months in a row.** These screens should be done by your counselor or primary/referring doctor. If you do not have a negative toxicology screen for both alcohol and drugs each month for six months in a row, the missing month will be considered a positive result and you will need to start over. For example, if you begin your toxicology screens in March, you must also have negative screens in April, May, June, July, and August. If you miss April's screen and have two screens in May to try to "make up for it" (for example, May 1st and May 30st), the month of April will be considered positive and you will need to start over. **It is your responsibility to have these screenings.** You may be required to have monthly toxicology screens past the 6-month minimum depending upon your insurance and your history.

After #1 and #2 are done, your counselor will need to provide a letter verifying your treatment. You must also give us your toxicology screens. We will contact your counselor to discuss how much progress you made in treatment. Depending on your progress in counseling and your history, you may be required to receive more counseling and toxicology screens and/or attend AA/NA meetings and obtain a sponsor. **You will not be considered for transplant until we have proof that your treatment and your negative toxicology screens are completed.** If you do not know of a substance abuse/relapse prevention counselor in your area, contact your Primary Care Physician or your County's Mental Health Department.

Our hope is that you will continue to receive counseling as a part of your investment in your health and success as a transplant patient. We also encourage all patients to attend AA or NA and to find a sponsor. Patient's families are also encouraged to attend Al-Anon and to participate in counseling themselves. We find that patients and families who have regular contact with their counselors and/or sponsors are more likely to remain abstinent for a lifetime. **Complete abstinence is crucial to your eligibility for liver transplantation and the success of your transplanted liver.**

I received a copy of this Alcohol/Substance Abuse Policy for the UNC Liver Transplant Program.

Patient Signature:_____ Coordinator Signature_____

ORIGINAL GIVEN TO PATIENT/COPY IN COORDINATOR FILE