

THE JOURNEY THROUGH LUNG TRANSPLANT

Experiences can vary, but knowing what to expect can help you understand if a lung transplant is a treatment option for you.



TALKING ABOUT TRANSPLANT EARLY

Your cystic fibrosis care team may bring up transplant — even if you don't need one — as part of your regular care center visit, or you can bring it up yourself.

Early discussions give you time to learn about the process, ask questions, and work on your health, finances, and social support, so you're prepared for a successful transplant should you ever need one.



BEING REFERRED

At some point, your CF care team may share your medical records with a transplant team and recommend that you meet with them. This lets the transplant team get to know you as a person. You also get to learn about them as partners in your care and what to expect during an evaluation, surgery, and recovery at their center.



GETTING EVALUATED

At the transplant center, your physical and emotional health, finances, and social support will be assessed through a series of tests. You will also have consultations with the transplant team, which may include a surgeon, pulmonologist, coordinator, dietitian, social worker, and financial coordinator.



HAVING YOUR CASE REVIEWED

After reviewing your test results, the transplant team will recommend that you either:

- Be listed for transplant
- Have additional tests
- Live as usual until your lungs get worse
- Work on your health or social support
- Not pursue a transplant at their center, at which point your care team can help you get opinions from other transplant centers

If a transplant is not for you, your CF team will continue supporting you and your care.



READY TO BE LISTED

If the team recommends that you be listed for a transplant, they will help you decide when to get on the UNOS¹ waiting list. Your CF care and transplant teams will help you manage your health so you have the best chance for a good recovery from surgery.



RECEIVING NEW LUNGS

You may need to move closer to the transplant center. Once donor lungs are available, you'll get a call to come quickly to the hospital to replace your diseased lungs with healthy ones.

LIVING WITH NEW LUNGS

People with CF can enjoy a high quality of life, with median survival after transplant of 9.5 years.² After surgery, keeping lungs healthy means meeting with your care teams and managing a new care plan that includes medications to prevent rejection and infections, and reducing the risk of germs, including germs from others with CF.

SUPPORT IF YOU NEED IT

For help understanding insurance coverage or financial resources for transplant expenses, contact CF Foundation *Compass*, a personalized service at **844-COMPASS** (844-266-7277).

To find someone who has experienced transplant, consider CF Peer Connect, a one-to-one peer mentoring program. Learn more at cff.org/PeerConnect.



¹United Network for Organ Sharing, the organization that administers the Organ Procurement and Transplantation Network.

²Khush KK, Cherikh WS, Chambers DC, et al. The International Thoracic Organ Transplant Registry of the International Society for Heart and Lung Transplantation: Thirty-fifth Adult Heart Transplantation Report-2018; Focus Theme: Multiorgan Transplantation. J Heart Lung Transplant. 2018 Oct;37(10):1155-1168. doi: 10.1016/j.healun.2018.07.022. Epub 2018 Aug 10.