

Lung Transplant



Step 1: Transplant Evaluation

- Your transplant team will evaluate you to see if you are physically and emotionally healthy enough for a transplant. Important factors include being a non-smoker and at a healthy weight.
- You will need to show the team that you understand the risks and benefits, including appreciating what life might be like after the transplant.
- Some transplant centers have an upper age cut-off for transplants. If you are very healthy, the transplant center may be flexible with the age limit.



Step 2: Lung Allocation Score (LAS)

- If the transplant team agrees that you are a candidate for a transplant, you will be given a Lung Allocation Score (LAS). This score is based on many factors such as your age, type and severity of disease and your organ function.
- This score determines your place on the UNOS (United Network for Organ Sharing) waiting list and will be updated based on the most current data after each visit with your pre-transplant team.



Step 3: Waiting List Placement

- Waiting for an organ donation is incredibly stressful. Lean on your support network and mental health professionals. Transplant centers may offer pre-transplant support groups.
- Stay as healthy as you can by eating right, remaining active and attending all of your doctor's appointments.
- Make sure you are always available and only a short drive away from the transplant center. You never know when you may get a call.



Step 4: Transplant Surgery

- The length and type of surgery depends on whether or not you are having a single or double lung transplant.
- Your overall health also impacts how long the surgery will last. Surgery can last anywhere from four to 10 hours.



Step 5: Life After Surgery

- After surgery, you will be closely monitored for any complications.
- You will begin medications, including anti-rejection medications.
- Each person's recovery timeline is different. Patients can spend several weeks in the hospital. Everyone will adjust to their new lungs and medications differently.
- You will be given detailed instructions about medications, follow-up appointments, diet and exercise and pain management. It is very important to have members of your support system with you to help you stay organized.