Lung Transplant - For Patients

To begin the process of becoming a patient in UAB’s Lung Transplant Program, your primary pulmonologist or other physician should submit a referral. Please view our Referral Guidelines and Contraindications: For Patients

Physicians planning to refer a patient for consideration for lung transplantation should review UAB’s Referral Guidelines and Contraindications: For Physicians and complete our Lung Transplant Referral Form and fax to the cardiothoracic transplant office at 205.975.9792.

Once all of the information is received, the lung transplant team will review your records to ensure that you meet guidelines for transplant. If the team determines you may be a potential transplant candidate, you will be contacted to schedule a consultation appointment. If you do not meet guidelines, your referring physician will be contacted. From the time we receive your referral information, this process generally takes two to four weeks.

Once your appointment is scheduled, you will receive a “Welcome Packet” by mail that includes information about UAB’s Lung Transplant Program, a letter with your appointment details, a map of UAB/The Kirklin Clinic, and a medical history questionnaire. Please read this information carefully and bring completed paperwork with you to your appointment.

Appointments:

New Patients: Lung transplant clinic for new patients is held on Mondays, from 8am to 12pm in the Pulmonary Clinic, located on the 4th floor in The Kirklin Clinic. Any lab work, x-rays, pulmonary function testing, walk testing, or other required testing is completed prior to your appointment time, so please ensure that you arrive early. Please bring your insurance information, a list of your current medications, your completed Lung Transplant Medical History, as well as any relevant medical records with you to your appointment. If you are on supplemental oxygen, please bring enough for travel to and from clinic, as well as for the duration of your testing and appointment, as some locations do not supply oxygen.

If you need to cancel or reschedule your appointment, please contact the Cardiothoracic Transplant Office at 205.975.8615. We appreciate your cancellation at least 24 hours in advance, if possible.

Patients Listed for Transplant: Patients listed for lung transplant at UAB will be seen in transplant clinic every 3 months while on the waitlist. This is to ensure that your information is up to date and that your condition accurately reflects your status on the national transplant waiting list.

Lung transplant clinic for patients who are listed for lung transplant is held on Mondays, from 8am to 12pm in the Pulmonary Clinic, located on the 4th floor in The Kirklin Clinic. Any lab work, x-rays, pulmonary function testing, walk testing, or other required testing is completed prior to your appointment time, so please ensure that you arrive early. Please bring your insurance information, any pulmonary function testing or six minutes’ walk results that have been done locally, and a list of your current medications with you to your appointment. If you are on supplemental oxygen, please bring enough for travel to and from clinic, as well as for the duration of your testing and appointment, as some locations do not supply oxygen.
If you need to cancel or reschedule your appointment, please contact the Cardiothoracic Transplant Office at **205.975.8615**. We appreciate your cancellation at least 24 hours in advance, if possible.

**Patients who have received lung transplant:** Lung transplant clinic for patients who have received lung transplant is held on Wednesday from 8am to 12pm in the Pulmonary Clinic, located on the 4th floor in The Kirklin Clinic. Your routine lab work, x-rays, pulmonary function testing is completed prior to your appointment time, so please arrive at the lab no later than 7am. Post-transplant bronchoscopies with transbronchial biopsies will be scheduled on Mondays, Tuesdays or Thursdays. Please make sure you have a caregiver that can accompany you before and after these procedures. Your appointment frequency will be determined by your condition, with more frequent visits soon after transplant.

If you need to cancel or reschedule your appointment, please contact your transplant coordinator and the Cardiothoracic Transplant Office at **205.975.8615**. We appreciate your cancellation at least 24 hours in advance, if possible.

**Payment Information:**
Some insurance providers may require a referral or pre-certification before seeing a specialist of this nature. Please be sure to bring a copy of this referral or pre-certification with you for insurance/billing purposes. If you are unsure of what your insurance company requires, it’s important to contact them in advance of your appointment. Your co-pay is expected at the time of your visit; however, our financial counselors are available to discuss any problems or special circumstances. Our financial counselors can be reached Monday – Friday, 8:00 a.m. – 5:00 p.m. at (205) 801-9910.

**Labs/Test Results:**
Although it may take up to 2 weeks to receive the results of some specific tests that may be ordered, please be aware that any emergent abnormal lab or test values will be relayed to you by the transplant coordinator or physician as soon as the results are available.

**Prescriptions**
- **New patients:** The UAB Lung Transplant Clinic cannot prescribe medication to new patients prior to their appointment. Please contact your referring physician for all prescription needs prior to your new patient appointment.
- **Patients listed for lung transplant:** Please contact your referring physician for all prescription needs while you are listed for transplant. Your referring physician will continue to manage the majority of your care until you are transplanted. Please contact your transplant coordinator if your primary physicians order any new medications or change the dosing of your current medications including antibiotics, steroids, and pain medications.
- **Patients who have received lung transplant:** Please contact your coordinator or the prescription nurse in the Cardiothoracic Transplant office at 205.975.8615 for any transplant related medication refills.

**Patient Education**
Patient education is an integral part of the UAB Lung Transplant Program. New patients will receive an information packet prior to their clinic appointments. Patients being evaluated for lung transplant will also receive a preoperative education booklet and will attend a **Pre-Transplant Education Class**, led by a transplant coordinator and a transplant pharmacist, where they will be instructed on routines and expectations before transplant, as well as goals and expectations for life after transplant. You will have an opportunity to ask questions about the transplant process at this time. Family and other potential caregivers are encouraged to attend. Transplant coordinators and physicians are available at any time during the process to answer questions.
After transplant, patients and their caregivers attend a Post-Transplant Education Class, led by a transplant coordinator, where they will be instructed on routines and expectations for life after transplant. Transplant recipients receive a post-operative education booklet tailored to transplant patients. Patients also receive individualized education from a transplant pharmacist regarding their transplant medications. Transplant coordinators and physicians are available at any time during the process to answer questions.

**What to Expect After Transplant**

At time of transplant, you will be contacted by a transplant coordinator and instructed to come to UAB Hospital’s Heart Transplant Intensive Care Unit (HTICU), located on the 5th floor of West Pavilion on UAB Hospital’s main campus, in preparation for your surgery. Transplant surgery generally last 4-12 hours, during which time your family will be able to remain in the waiting room. You will recover in the Cardiac Intensive Care Unit (CICU), located on the 5th floor of North Pavilion on UAB Hospital’s main campus, for the first 8-24 hours post-op, until you are stable enough to transfer back to the HTICU. You will remain in the HTICU for 10-14 days, depending on your condition. During your hospitalization, you will learn how to take care of your new lung(s), become familiar with your medications and your healthcare regimen. When you are well enough, you will be discharged locally (you and your caregiver(s) will need to have local lodging arrangements for the first 6-8 weeks after your transplant surgery) so you can receive close, outpatient follow-up care.

During initial transplant evaluation and prior to discharge after transplant, you will meet with a social worker to assist you with this process. During this time, you will be coming to lung transplant clinic weekly; where you will have lab work, pulmonary function testing, and a chest x-ray; to closely monitor your condition and to fine tune your medications and care schedule. 6-8 weeks after your transplant surgery, you will be discharged home. At this time, your coordinator will provide you a detailed schedule of your lung transplant clinic appointments and testing for the rest of the year. You will undergo bronchoscopy with biopsy (to monitor for rejection) during the first month after transplant, then every 3 months thereafter for the first year. You will also return to lung transplant clinic every three months for routine follow-up. You will keep in close contact with your coordinator (at a minimum weekly phone communication for the first year after transplant) and he/she will assist you in your adjustment to life after transplant.