

# LUNG TRANSPLANT PATIENT INFORMATION

## WHAT TO EXPECT

When referred to the UAB Medicine Lung Transplant Clinic, you will have an initial consult appointment with our transplant pulmonologist (lung specialist). If it is determined that lung transplantation is an option, you will be scheduled for outpatient testing, which takes 5-7 business days to complete. If you are hospitalized or too ill to visit in person, your local doctor can discuss your case with UAB Medicine physicians. This doctor-to-doctor communication may lead to you being transferred to UAB Hospital for an inpatient evaluation.

The Lung Transplant Clinic is located within the Pulmonary Clinic at The Kirklin Clinic of UAB Hospital at 2000 6th Avenue South in the medical center district on the University of Alabama at Birmingham campus.

## PARKING

For appointments in the clinic, please park in The Kirklin Clinic of UAB Hospital parking deck at 2100 6th Avenue South. If you need a wheelchair or other assistance, please stop at the 2nd floor entrance of the parking deck and our escort personnel can help you get to your appointment. Valet parking and high-top van access is available in the circular driveway in front of The Kirklin Clinic of UAB Hospital, not within the parking deck.

## POSSIBLE EVALUATION TESTS

Some or all of the tests listed below may be scheduled as part of your evaluation, either on an inpatient or outpatient basis. Other tests may be needed later as a follow-up to the initial results.

**BLOOD AND URINE TESTS** will rule out certain infectious diseases and will measure:

- Various blood counts, such as white and red cells and platelets
- Blood type
- Blood chemistry, including tests to evaluate kidney and liver function
- The presence of viruses and/or viral antibodies. Exposure to some common viruses will not prohibit lung transplant but could influence your post-transplant care. In some cases, vaccination prior to transplant may be recommended.
- Level of various drugs, including nicotine and alcohol

**CHEST AND SINUS X-RAYS** to check for fluid or signs of infection

**ABDOMINAL ULTRASOUND** to evaluate the liver and other abdominal organs and blood vessels

**CHEST, ABDOMEN, & PELVIC CT (CAT) SCAN** to evaluate the size and shape of the heart and lungs and detect any lesions or tumors

**PULMONARY FUNCTION TEST (PFT)** involves breathing forcefully into a tube, to measure how well the lungs are working and the ability of the blood to carry oxygen.

**ARTERIAL BLOOD GAS (ABG)** involves drawing a small syringe of blood from the artery in your wrist.

**VQ SCAN** to measure the air and blood flow in the lungs

**ELECTROCARDIOGRAM (EKG)** shows heart rhythm and may reveal past damage

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**ECHOCARDIOGRAM (ECHO)** shows the function of heart valves, measures pressure in the pulmonary artery, and determines the sizes of the heart chambers

**RIGHT AND/OR LEFT HEART CATHETERIZATION** to evaluate for coronary artery disease or other abnormalities

**SIX-MINUTE WALK TEST** to measure exercise tolerance

**DEXA SCAN** to evaluate density and health of bones

**SNIFF TEST** to evaluate to the diaphragm and its movement

**BARIUM SWALLOW** evaluates the shape and movement of the esophagus and looks for narrow areas and gastroesophageal reflux disease (GERD)

**PH STUDY** a 24-hour outpatient test to check for GERD

**MANOMETRY** evaluates the movement of the esophagus

**ABI (ANKLE BRACHIAL INDEX)** measures blood pressure to check how well blood flows to your upper and lower limbs

**DENTAL EVALUATION** to assess your risk of infection and any need for restorative work prior to transplant

**ADDITIONAL HEART TESTING** may be required if you have a history of heart or vascular disease or significant risk factors for hidden or silent heart disease.

**ADDITIONAL TESTING** may be required depending on your medical history or if there are abnormalities in the above tests that warrant further evaluation

## DISCUSSIONS WITH THE TEAM

**INTERVIEWS** with a transplant social worker, nutritionist, financial coordinator, transplant infectious disease, and transplant nurse coordinator help determine how you and your family cope with stress. You will learn more about financial costs and resources available to transplant recipients.

**CONSULTATIONS** with a lung transplant surgeon and a pulmonologist allow the physicians to talk with you about your medical history, discuss the lung transplantation process, and answer any questions you and your family may have.

**PRE-OPERATIVE EDUCATION CLASS** During this session, we review and discuss UAB's history of lung transplantation, the disease that led you to need a transplant, your care team, the evaluation process and what it's like to wait on a transplant, surgical techniques, post-op complications, pre-transplant and post-transplant routines, post-transplant medication regimens, and social/financial issues related to transplant.

**PHARMACY EDUCATION CLASS** During this session, we review all aspects of the transplant medication regimens.

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## THESE TESTS AND DISCUSSIONS HELP THE UAB TRANSPLANT TEAM DETERMINE IF:

- A transplant is right for you at this time.
- There are any problems, such as closed blood vessels, that could complicate your surgery.
- You are physically able to undergo transplant surgery.
- There are emotional, psychological, or family issues that should be addressed.

These tests and interviews will help the UAB Medicine transplant team determine the best way to maximize your chances of achieving the best results in treating your lung disease. The transplant team meets weekly to review patients' evaluation results. You will be notified of the committee's recommendations approximately 7-10 days after you complete your evaluation, and you also will receive a letter containing this information.