

# UNDERSTANDING THE LUNG TRANSPLANT EVALUATION PROCESS

## You have been referred to UPMC for a lung transplant. What is next?

At UPMC, we understand that the lung transplant evaluation process may seem overwhelming. That is why our team of dedicated transplant experts is here to answer your questions and help you every step of the way.

**Step One** – Your doctor refers you to UPMC for a lung transplant evaluation.

**Step Two** – Our team of experts will review your medical history and insurance benefits.

- A nurse coordinator at UPMC will review your medical records and will contact you to discuss your medical history.
- A transplant finance specialist will contact your insurance provider to verify your medical benefits and to ensure that your insurance is accepted at UPMC.

**Step Three** – If you meet the initial requirements, we will schedule you for a lung transplant evaluation at UPMC.

- The lung transplant evaluation takes approximately one week.
- You must bring a caregiver with you to all appointments.

**Step Four** – The UPMC Lung Transplant team will perform a thorough lung transplant evaluation.

- Our experts will review your medical history and conduct diagnostic tests, blood work, and multiple consultations to see if you qualify for a lung transplant.
- These tests will help us determine:
  - > The severity of your lung disease
  - > If your other organ systems (heart, liver, kidney) are healthy enough to get you through the surgery and recovery
  - > If you are a candidate for placement on the lung transplant waiting list

## Lung Transplant Evaluation and Requirements

The transplant evaluation will help our team determine if a lung transplant is the most suitable treatment option for you. You may qualify for a lung transplant if you have been diagnosed with:

- Alpha 1 anti-trypsin deficiency
- Bronchiectasis
- Chronic obstructive pulmonary disease (COPD)
- Cystic fibrosis
- Emphysema
- Primary pulmonary hypertension
- Pulmonary fibrosis
- Sarcoidosis
- Scleroderma
- Secondary pulmonary hypertension (caused by other lung or heart disease)

You must meet all medical requirements, including:

- A dedicated caregiver to help you before, during, and after transplant (your transplant coordinator can share the qualities of a suitable caregiver)
- A body mass index (BMI) of 30 or less – if your BMI is higher than 30, you may still be referred for an evaluation.
- All potential candidates must be nicotine free for six months before being placed on the waiting list. An evaluation may begin once a 4-month nicotine free time frame has been achieved. Products containing nicotine include:
  - > Cigarettes
  - > Cigars
  - > Smokeless tobacco
  - > E-cigarettes
  - > Patches, gum, or any other form of pharmaceutical nicotine
  - > Nicotine vaping

## Working with the UPMC Transplant Team

During the transplant evaluation, you will have the opportunity to meet with each member of our team. The team includes a nurse coordinator, transplant surgeon, transplant pulmonologist, social worker, and other lung transplant experts. We are here to answer questions and guide you through the process.

At UPMC, we consider every person referred to our program – even if other centers have turned you down. If we determine that a lung transplant is not the best treatment option for you, our team will continue to work with you to develop a care plan that fits your needs.

## Contact Us

To speak with a member of our team, call **412-648-6202** or visit our website **UPMC.com/LungTransplant**.