

A close-up photograph of a middle-aged man with grey hair, smiling broadly. He is wearing a red, blue, and white plaid button-down shirt. The background is a soft-focus outdoor scene with green and yellow foliage.

LET'S TALK TRANSPLANT

GETTING THE ANSWERS
YOU NEED THROUGHOUT
THE TRANSPLANT JOURNEY

ASTELLAS CARES™
TRANSPLANT

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The information contained in this brochure is provided for educational purposes only and should not replace discussions with a healthcare professional.



MEET YOUR TRANSPLANT TEAM

Your transplant team is there to care for you before, during, and after your transplant. You should feel comfortable talking to your team about your concerns and asking lots of questions. After all, you are the most important person on the team. It's important for you to have the information and support you need to help you along your transplant journey.

This guide may help you understand the roles and responsibilities of each member of your transplant team and provides important questions to ask them at each stage along the way.

SPECIALIZED ROLES OF YOUR TRANSPLANT TEAM MEMBERS

Transplant surgeon

Transplant surgeons perform the transplant operations and oversee medical care during your hospital stay. They work with the transplant physician to monitor your organ function and identify and manage any complications that may occur.

Your transplant surgeon

Phone number

Email address

Transplant physician

Transplant physicians are the doctors at the transplant center who manage your medical care. They will evaluate your health status, order necessary tests, and decide on your medications. Transplant physicians do not perform transplant surgeries, but they work closely with your team to coordinate care. After surgery, they usually monitor your organ function and manage any medical issues while you are in the hospital.

Your transplant physician

Phone number

Email address

Transplant coordinator

Transplant coordinators will likely be your main contact before and after the transplant surgery. They schedule evaluation tests, monitor the status of the donor organ, and call you when the organ becomes available. Transplant coordinators also may help you after a transplant by providing instructions on diet, medications, and follow-up care.

Your transplant coordinator

Phone number

Email address

Social worker

Social workers are there to help you and your family after the transplant. They will help you plan your return home and get back to your usual activities. They will check in with you and your family to see how you're doing and help you find community services, therapists, and other support you may need.

Your social worker

Phone number

Email address

Financial coordinator

Financial coordinators help you plan for the costs of a transplant. They may help estimate how much the transplant and medications will cost and assess what insurance will cover. They can also help identify financial assistance options, if needed.

Your financial coordinator

Phone number

Email address

Other transplant team members

Your transplant team member

Phone number

Email address

Your transplant team member

Phone number

Email address

Your transplant team member

Phone number

Email address



WAITING FOR A TRANSPLANT

Waiting for a viable organ to become available can be a very stressful time. But knowing what to expect can help. Be sure to talk to your transplant team about any questions or concerns you have.

Following are some questions you may want to ask your team members as you begin your transplant experience.

Each step of the transplant journey may come with new challenges and new accomplishments.

WAITING FOR A TRANSPLANT

With a good understanding of what's ahead, you can better prepare for the next phase of your transplant journey.

Transplant physician

- + What are the risks of a transplant?

- + What are the benefits of a transplant?

- + Is transplantation the best option for me?

- + What are the organ and patient survival rates?

- + How will a transplant affect my health?

Transplant coordinator

- + How do I get on the waiting list for a donor organ?

- + Can I register on the waiting list at more than one center?

- + How long do patients with my blood and organ type generally wait for a donor organ?

- + If a living donor is an option, how do I ask a loved one or friend about being a living donor?

- + How do I prepare for the call when a matching organ is available?

Social worker

- + Are there local support groups where I can meet other transplant recipients or people waiting for a transplant?

- + Are there support groups to help my family/caregivers?

- + Are there local therapists who can help me if I have mental health concerns?

- + Are there transportation services to get me to the transplant facility?

Financial coordinator

- + What is the cost of a transplant?

- + Will insurance cover my transplant and medications?

- + How much may I need to pay in deductibles and copayments?

- + Will my insurance pay for travel and lodging for my family while I'm in the hospital?

- + Is financial assistance available to me if needed? Are there other ways to help raise money for my expenses?



RECOVERING FROM TRANSPLANT SURGERY

After receiving a transplant, it is important that you take an informed role in your recovery. Knowing what to expect after surgery can help you prepare for this stage of the journey.

Following are some questions you may want to ask about what to expect while in the hospital.

Stumbling blocks in the road can become building blocks of opportunity.

RECOVERING FROM A TRANSPLANT SURGERY

Getting through the surgery is a major step in the transplant journey. Now it's time to focus on your recovery and adjusting to life after a transplant.

Transplant physician

- + How long will the surgery take?

- + What should I expect when I wake up from surgery?

- + How soon will I be able to get out of bed and start physical therapy?

- + What are the potential complications after surgery?

- + How long will I be in the hospital?

Transplant coordinator

- + How will I feel after my surgery?

- + What medications will I need to take?

- + What are the side effects?

- + Are there any dietary restrictions after my transplant?

- + What can I do to help my recovery?

Social worker

- + What do I need to do to prepare my home for my return after surgery?

- + How can I arrange for childcare while I'm recovering?

- + Will I need to arrange for pet care after I return home?

- + What educational resources are available to me?

- + Are there local or hospital-based support groups that I can join to help me during recovery?

Financial coordinator

- + When will I be billed for my transplant?

- + Who will the bills come from (eg, my insurance company, the hospital)?

- + Will someone review my bills and help me understand what they mean?

- + Is there assistance to help pay for nonmedical expenses while I'm not working?

- + Will my medications be covered by insurance?

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LIVING WITH YOUR TRANSPLANT

One of the goals after a transplant is to get back to a regular routine. To the extent possible and with advice from your doctor, you may be able to resume some activities, hobbies, and work. It is important to continue working with your transplant team after you've returned home.

Following are some questions you may want to ask your team members about living with your transplant long-term.

Life is a journey that takes one step at a time.

LIVING WITH YOUR TRANSPLANT

The transplant journey continues well beyond the recovery phase. It's a lifetime commitment to keeping yourself healthy.

Transplant physician

+ How often will I need to come back for lab tests and checkups?

+ Are there any physical restrictions or limitations?

+ What are the chances of an organ rejection?

+ What are my medications for, and how should I take them?

+ What happens if I miss a dose of a medication?

+ What are the side effects that I should look out for?

Transplant coordinator

+ What diet and exercise tips will help me stay healthy?

+ Do I need to monitor my vital signs at home? If so, how?

+ How do I know if I'm experiencing side effects?

+ Can I manage side effects on my own? If not, whom should I call?

+ When can I drive? Go back to work? Resume physical activity? Travel?

Social worker

+ Is there a transportation service that can help me get to and from appointments? Is there special parking closer to the door?

+ Is there anything I should consider discussing with my employer?

+ What strategies will help me deal with the tough times (eg, relationship issues, low self-esteem)?

+ Can I thank my donor's family?

+ How can I get involved in helping other transplant patients or promoting organ and tissue donation?

Financial coordinator

+ Will my insurance pay for treatment if I have a rejection episode?

+ Will my prescription insurance cover my medications for life?

+ What other long-term expenses should I anticipate?

OTHER SOURCES OF INFORMATION

Donate Life America

(www.donatelife.net)

A nonprofit alliance committed to healing and saving lives by increasing the number of donated organs and tissue for transplantation.

National Kidney Foundation

(www.kidney.org/patients/resources)

A nonprofit health organization dedicated to preventing kidney and urinary tract diseases, improving the health and well-being of individuals and families affected by kidney disease, and increasing the availability of all organs for transplantation.

Organ Procurement and Transplantation Network (OPTN)

(optn.transplant.hrsa.gov)

A public/private partnership that links all professionals involved in the US organ donation and transplantation system.

Organdonor.gov

(www.organdonor.gov)

The website for the Health Resources & Services Administration (HRSA) of the US Department of Health and Human Services that includes information about organ donation and transplantation.

United Network for Organ Sharing (UNOS)

(www.unos.org)

The private nonprofit organization that manages the nation's organ transplant system under contract with the federal government.

UNOS Transplant Living

(www.transplantliving.org)

The UNOS website for patients that includes information and facts about organ donation and transplantation.

NOTES

JOIN THE TRANSPLANT COMMUNITY

Additional resources on transplant health are available
at [AstellasCares.com](https://www.astellascares.com).