

# B R E A T H E

the lung association

## Lung Transplant Checklist

Having a lung transplant can be overwhelming. Saskatchewan residents are required to go out of the province for their pre-transplant physiotherapy program, transplant surgery, and post-operation care. This requires lung transplant recipients and their caregivers to be away from home for several months. This checklist was created by people who have already lived through this journey to help you and your caregiver best prepare for your lung transplant.

**\*The air ambulance has limited space and weight capacity. Several items can be purchased in Edmonton or brought by a caregiver/family member.\***

What should I bring for my pre-transplant physiotherapy program and lung transplant stay?

### Clothing:

- Workout clothes suitable for physiotherapy and exercise
- Outdoor and indoor running shoes
- Socks and underwear
- Women - a variety of sports bras and/or surgical bras
  - o Consider finding a bra that does up in the front. Your surgical site might be painful, itchy, and easily irritated requiring you to alter the bra you normally wear.
- Comfortable, loose clothes that can be layered
  - o You may experience a season change during your stay so include cooler and warmer clothing options including items you can layer. Loose clothing will also be helpful when you are hooked up to medical devices.
- Zip up jackets/shirts to allow your chest area to be easily accessed for tests
- Short sleeve t-shirts or shirts with sleeves that are easily rolled up for easy access for blood work
- Slippers with grips and hard surfaces
- Comfortable, loose jacket
- Comfortable, loose pajamas

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## Oxygen and Medications:

- Work with your oxygen provider to have extra equipment on hand and coordinate deliveries for pre-transplant stay (E.g., concentrator, tanks, cannulas, portable concentrator, batteries, etc.)
- Ensure prescriptions and medications are filled and up-to-date

## Toiletries: *\*Due to limited space, consider using travel sized toiletries\**

- Scent-free lotion (air in hospitals can be dry)
- Shampoo and conditioner
- Hair brush/comb
- Body wash
- Toothbrush and toothpaste
- Makeup
- Lip balm or Vaseline
- Hair ties for long hair to put up during physiotherapy and exercise
- Facial cleanser

## Other Items:

- Things you enjoy to help you relax (books/e-reader, crossword puzzles, knitting, etc.)
- Earbuds
- Pen and paper or a notebook to write important information down
- Favorite blanket and pillow
- Your cell phone and charger
  - o Consider making sure your plan allows you to access the internet and make long distance calls while you are out the province without penalty.

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## Other Items (Continued):

- Laptop, tablet, TV streaming devices, including all cords and chargers
- Small extension cord or extra-long cords, so your devices will reach your bed
- Long, outdoor extension cord to plug in your car during the cold winter months
- Access to online banking and bills to pay expenses while away (Consider pre-paying bills in advance or set up automatic monthly payments)
- Laundry soap and dryer sheets

## Optional:

- Bench for shower/bath (A caregiver can bring this for you once you have been discharged from the hospital). They can also be rented from the Red Cross in Edmonton.
- Extra clothing hangers (depending on accommodations)
- Extra cutlery (depending on accommodations)

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