

Lung Transplant

The rate of lung transplants for CF has dramatically decreased since the introduction of modulator medications, such as Trikafta, however some people will still require a lung transplant to further prolong their lives.

Lung transplant surgery is an end-stage treatment that replaces both diseased lungs with healthy donor lungs. The main goal of lung transplantation in CF is to extend life expectancy and improve quality of life.

Evaluation for transplant

The workup for transplant is extremely thorough and extensive. All body systems are screened and treatment is provided to optimise lung function, nutrition and mental wellbeing.

The guidelines for consideration for lung transplant in people may include:

- low lung function ($FEV1 < 30\%$ predicted or a rapid decline, especially in females)
- exacerbation requiring ICU admission (intensive care unit)
- increasing requirements for antibiotics
- pneumothorax (air leak into the space between the lung and chest wall)
- uncontrolled haemoptysis (coughing of blood)
- a significant decline in quality of life

Making a decision

There may be reasons why you would choose not to have a transplant or may not be a suitable candidate. It is important to discuss your options with your CF team.



If it is decided that a transplant is the correct path for you, you will be added to the wait list. Some patients only wait a few days or weeks for their transplant, but most wait between 6 – 18 months.

After transplant

Post-transplant management is onerous and requires multiple medications including anti-rejection and antibiotics, lung function monitoring and regular sputum sampling.

Australia has some of the best transplant results in the world and accordingly, survival after a lung transplant is higher in Australia than anywhere else. Most patients report returning to a relatively normal life after their lung transplant.

Transplant support

We offer support to individuals and their carers, both before and after transplant. Services may include:

- Cleaning packages
- Increased in-home community support worker hours to assist with airway clearance, exercise and general home support
- Individual peer support
- Crisis funding

[The Heart & Lung Transplant Foundation](#) also offer a range of services including funding, equipment and more.

Useful resources

- [Fiona Stanley Hospital Advanced Lung Disease Unit](#)
- [Donate Life](#)