

TALKING WITH YOUR TRANSPLANT TEAM



Your healthcare team is your best resource for information on your transplant and any post-transplant health complications and emotional issues you may experience. Talking with your transplant team is important to help you get the answers you need—this tool is designed to help you prepare.

Here are some questions that can help start a conversation at your next visit.

Use the space at the end to plan for each visit and write down the questions you want to ask your team.



QUESTIONS ABOUT CMV

- How did I get CMV?
- Will I always have CMV?
- What will the risk be to my health?
- How often will I need to be tested for CMV and will this change over time?
- Could my CMV infection have been prevented? Is it something I did?
- Should I be taking precautions to avoid spreading CMV to other people?



QUESTIONS ABOUT MY CARE PLAN

- How is my CMV treated?
- What are the different treatment options for my CMV?
- How will you be monitoring my CMV?
- How long will I need to stay on my current medications for CMV?
- How often will I have clinic or laboratory appointments now that I have CMV?
- How will I know if this treatment plan is working?
What should I know about this treatment plan?
- Is there anything that I should be doing differently while on this treatment plan?
- Should I be on the lookout for any specific symptoms? At what point should I call you to let you know?
- If the medication I'm taking for CMV isn't working or stops working, what are my options?

Not all of these questions will apply to your situation, and you may think of other questions you want to ask.

Having frequent and honest discussions with your healthcare team may help you work through your experience and feelings after transplant.
Remember – your mental health is just as important as your physical health, so these discussions matter.



QUESTIONS ABOUT HOW I'M FEELING

- Who can I talk to about all the feelings I'm having?
- What are some ways I can manage my worry and stress?
- Who can I talk to about managing my fears about my transplant or disease?
- Where can I find information on support groups?
- How do I talk to my employer about what I'm going through?
- How do I talk to my friends or family about what I'm going through?
- What resources are available that may help with my daily needs?

Talk to your doctor or transplant care team about how you're feeling. They may be able to help find resources to help you cope.



QUESTIONS ABOUT PRACTICAL NEEDS

- Is there a support program if I need help paying for treatments?
- What do I do if I lose my insurance?
- For after-hours questions or emergencies, who should I contact, and how can I contact them?
- Who could help if I have trouble getting a ride to appointments?

If you have questions about any challenges you're facing, your care team may be able to suggest resources and support options.



PREPARING FOR YOUR VISIT

Use this section as a worksheet to prepare for your appointment. This can help you prepare your **questions** and to get (and remember) the **answers** you need.

Appointment with: _____

Date and time of appointment: _____

Print this tool and bring it to your next appointment.

TIP: At the beginning of your visit, let your healthcare team member know you have a certain number of questions so that they leave time to adequately answer them.

Q: _____

A:

Q: _____

A:

Q: _____

A:

Q: _____

A:

