

# **What to Expect on “Day Zero” of an Allogeneic BMT?**

## **What is Day Zero?**

Day Zero is the day you receive your new stem cells. This handout will describe in detail what you can expect to occur on this day.

## **Where will the procedure take place?**

- Your transplant will take place in your room with you lying in bed. You may have visitors if you like, as long as they are not sick.

## **How will I prepare for the procedure?**

- You may want to eat light lunch or postpone lunch until after transplant.
- You will receive Tylenol® and Benadryl® prior to the procedure. You may also receive anti-nausea medications if needed. Patients with blood types that are different, or incompatible, to donor's blood type will get additional medications before the procedure. These may include steroids and diuretics (water pills).

## **What will happen during the infusion of stem cells?**

- The blood bank will bring the stem cells to your room. We double check each bag to ensure you are receiving the correct stem cells.
- Your cells will be in a bag that looks similar to blood. They will be connected to your central line and infused through your line.
- The bag will be rinsed when empty to help capture all cells.
- The transplant takes about 30 minutes to an hour, but may take longer depending on volume and number of stem cells to be infused.
- We will monitor you closely during the infusion, and will take vital signs frequently.

## **What are the common side- effects?**

The common side effects for this procedure include:

- Change in vital signs: fever, increase in blood pressure and/or heart rate.

There may also be a decrease in oxygenation and we may temporarily place you on oxygen.

- Heaviness in your chest or a feeling of pressure in your chest.
- Back pain or flank pain
- Chills, Shivers or shakes, also called rigors.
- Itchiness and/or redness to skin.
- Red or pink tinged urine may occur due to break down of remaining red blood cells during infusion. You will be getting IV fluids to help flush out your kidneys so we expect this side effect to subside with 24-48 hours.

Side effects can be treated by slowing the infusion. We will monitor you closely during infusion of your stem cells with frequent vital signs and adjust the pace as needed.

The medications you received prior to the procedure, will help to prevent serious transfusion reactions, such as:

- fever
- shortness of breath
- swelling of the throat
- itching/hives

If this happens we would stop your infusion and manage your symptoms. Once the procedure is completed, it is very unlikely you will have any further reactions.

## **What happens after the infusion?**

After transplant, patients are often tired from pre-medications and lack of sleep in anticipation of the procedure. We find a quick nap sometimes helps to feel better.