

## **Allogeneic Stem Cell Transplant Discharge**

The following guidelines apply to the first 6 months after transplant, or until you are off all medications that suppress your immune system (for example: Medrol®, Prednisone, Tacrolimus, Cyclosporine). Ask your doctor for more specific instructions. Remember that the following may not apply to each individual patient. Please consult with the Bone Marrow Transplant team if you have additional questions.

You are also required to stay **within 100 miles driving distance of U of M Hospital for the first 100 days after transplant**. If you do not have lodging set up, ask to speak with the BMT social worker before you are discharged.

### **When do I need to call the BMT doctor?**

- Temperature over 100.5 degrees Fahrenheit
- Shaking or chills
- New cough or difficulty breathing
- Persistent headaches
- Blurred or double vision
- Bleeding problems such as:
  - Nose bleeds
  - Blood in urine or stool
  - Vomiting blood
  - Increased bruising
- Pain with urination or bowel movements
- Decrease in frequency of urination
- New or persistent nausea/vomiting and/or if you have more than 3 vomiting episodes in an 8hr period
- New or persistent diarrhea and/or if you have more than 3 episodes in an 8hr period

- Problems with eating such as:
  - Unable to keep food, fluids, or medications down
  - Having no interest in eating
  - Difficulty swallowing
  - Sore throat
  - Development of mouth sores
- Pain that is not controlled with prescribed pain medications
- Changes or difficulty with your central line such as:
  - Difficulty flushing
  - Redness, drainage, pain, or site looks different
- Changes with skin color or new rash
- Reddened, swollen, or painful areas
- Change in wound (unusual pain, drainage, swelling, or redness)
- Changes in mental status or confusion
- Increased sleepiness
- Fevers, chills, or hives after getting a blood transfusion

### **How do I call?**

The BMT Clinic is open Monday through Friday, from 8am to 5 pm. During these hours, call 734-936-9814. After 5pm, on weekends, and holidays, call 734-936-6267 and ask for the BMT physician on-call. You can also refer to the phone list in your BMT Education Binder, titled “BMT Discharge Contact Information.” This gives you several phone numbers that you may find helpful. If you have any questions or concerns about anything, do not hesitate to call.

### **How will I care for myself at home?**

#### **Handwashing and hygiene**

- Wash your hands often! At a minimum, you should wash your hands before eating, after bathroom use, and after contact with people and/or pets.

- Shower every day. Use liquid soap and new washcloth each day, do not use bar soap or a loofa.
- Continue to maintain good peri-care after each bathroom use.
- Nothing per rectum or vagina.

### **People, Places, and Preventing Infections**

- Avoid anyone ill.
- Avoid crowds when possible.
- Limit exposure to children outside your immediate family who are less than 12 years old.
- Avoid live vaccines. No exposure to someone who has received a live vaccine (inhaled flu mist or chickenpox vaccine) for 2 weeks.
- Avoid wearing contact lenses. Wear eye glasses to prevent infection.
- Avoid rubbing eyes, touching face.
- Notify BMT clinic of exposure to communicable diseases (i.e: chickenpox, shingles, flu, etc.).
- Deep cleaning of your house is not necessary before you go home, just have your caregiver wipe down surfaces, dust, and vacuum.
- Avoid construction areas or anywhere dirt and soil are being moved.
- Avoid lakes/rivers/pools for 6 months
- Avoid dirty, dusty, or moldy environments.
- Avoid lung irritants such as smoking, second hand smoke, aerosols, and spray paint.
- Limit travel.

### **Do I need to wear a mask?**

- You do not need a mask unless you have a low white blood cell count (neutropenic), you are around construction, or someone is mowing the lawn. Wear a yellow mask when you are coming to and from clinic appointments. It is a good idea to keep a mask with you at all times while out in public in

case you run into a crowd, construction, or someone mowing grass. Your doctor will then discuss with you when it is no longer necessary to wear a mask.

### **Bleeding Precautions**

You are at highest risk of bleeding when your platelet count is 50,000 or less.

Take these precautions if this applies to you:

- Do not floss - use a soft tooth brush.
- Do not blow your nose harshly - use saline nasal spray to keep your nose moist and prevent nose bleeds.
- Do not rub your eyes - use artificial tears.
- Do not scratch - use Eucerin<sup>®</sup> lotion daily after showering.
- Do not strain with bowel movements.
- Do not have sexual intercourse (vaginal, anal).
- Do not shave with a blade razor - only use an electric razor for shaving and electric clippers for hair cutting.
- Do not play contact sports.
- Avoid popcorn and hard to chew items.
- Avoid vomiting - take your nausea meds as needed.
- Do not put anything in your rectum or vagina (no enemas, tampons, vaginal dilators).
- Do not use Aspirin/Excedrin/Ibuprofen or medications that affect platelets.

### **Pets**

- Current pets are ok. No contact with new pets, birds, reptiles, or farm animals.
- No pets sleeping with you.
- Wash hands after direct contact with pets.
- No contact with cat litter or any animal excretions.
- Avoid pets on raw food diets.

- No reptiles or amphibians should be kept in the house or handled by you.
- It is a good idea to keep your pet clean and their shots up to date.

### **Plants/Flowers/Gardening**

- Plants may stay in the home but do not handle or care for them.
- Avoid direct contact with plants, trees, flowers and mulch.
- No yardwork, gardening or digging in soil.
- Go inside during lawn mowing.
- No live Christmas trees.
- Wood burning stoves & fireplaces may be used if vented properly. No wood should be stored in the house or handled by you.
- Avoid gardening, mowing grass, raking leaves.

### **Travel and Driving**

Ask your doctor when you can travel and drive.

### **Return to work or school**

In most cases, at or around 1 year after your transplant date you can return to work or school. Your return should be approved by your doctor, as individuals vary greatly in their time to recovery.

### **Skin and Sun**

You will need to take steps to make sure you are protected from the sun, beginning on your transplant date. Your skin will be much more sensitive to the sun and will burn easily because of the high doses of chemotherapy used in transplant.

- Avoid exposure to sunlight, especially within the first 100 days after transplant.
- If exposure to sunlight is unavoidable, use as much protection as possible such as long sleeve shirts, long pants, hat, sunscreen SPF 30 or higher.

### **Physical activity**

- Gradually increase activity as tolerated. Activity outdoors, such as walking, is good for you.
- Trail Hiking is ok but no camping, hunting, fishing, or deep woods hiking.
- No contact sports such as soccer, hockey, basketball, football or strenuous weightlifting if platelet count is less than 50,000.
- No swimming in lakes, ponds, hot tubs, or public pools.

### **Sexual Activity**

- You can resume intercourse when your platelet count is greater than 50,000.
- Use standard safe sex precautions.
- Use a condom for the first 100 days to prevent risk of infection. Continue using condoms if receiving chemotherapy.
- No anal intercourse.
- No kissing or oral sex if your partner has any mouth sores.
- Use water-based lube for vaginal dryness.

### **Diet, food and water safety**

- Use the FDA Food Safety booklet you received from the dietary team for 6 months after transplant, until you are off all immunosuppressive medications, or as long as your doctor instructs you to use it.
- While on immunosuppressive medications, (i.e. tacrolimus), do not drink grapefruit juice or products containing grapefruit, (i.e. Sunny D).
- Avoid well water.
- Avoid bottled water that's not reverse-osmosis.
- Avoid buffets.

## **Medications**

- You will receive specific instructions before you leave the hospital about the medications you are taking.
- Bring all medications you are taking and your list of medications to your clinic appointments.
- Only take what is prescribed to you.
- Do **NOT** take immunosuppression medication (example: Tacrolimus or Cyclosporine) on the morning of your clinic appointment until after getting labs drawn. If you take this medication before labs being drawn, it will give a falsely high result.
- Avoid Acetaminophen (Tylenol®), Ibuprofen (Motrin®, Advil®), Aspirin (Bayer®, Excedrin®), and Naproxen (Aleve®) unless instructed by your doctor.
- Avoid herbal supplements and over the counter medications unless prescribed by your doctor.

## **Central Line care**

Refer to Central Line/Tunneled Catheter Manual in your discharge folder for instructions. Continue to care for your line as you were instructed before discharge from the hospital. For questions about central line care or supplies, call your visiting nurse agency or home supply company for more information.

## **Immunizations**

You will need to be re-immunized beginning at approximately one year after your transplant. You will be given an immunization schedule with recommendations.

## What is my BMT follow-up care?

- Before you get discharged from the hospital, you will receive a date and time for your first BMT clinic appointment. This appointment will typically be within a few days of being discharged from the hospital.
- Be sure to get labs drawn before this appointment at the blood drawing station on level 2 of Mott Children and Women's Hospital.
  - **Do not** take immunosuppression medication (example: Tacrolimus or Cyclosporine) on the morning of your clinic appointment until **after** getting labs drawn. If you take this medication before labs being drawn, it will give a falsely high result.
  - Make sure that blood drawing station personnel **do not** draw labs off of any lumens that have pink colored tape on them (typically blue lumen). This lumen(s) had your immunosuppression medication infused through it while in the hospital and will give falsely high results on your labs.
- You will then proceed to the 7th floor of Mott Children and Women's Hospital and check into the BMT clinic at Reception B.
- Additional follow-up BMT clinic visits will be scheduled at this time. Be aware that you will have at least one clinic appointment per week.