

Donor Neupogen/G-CSF Instructions

Name: _____ MRN: _____

What is my Neupogen / Granix / Zarxio / Nivestym dose?

Inject _____ 300 mcg Pre-filled syringes at _____, and

Inject _____ 480 mcg pre-filled syringes at _____

beginning on: _____

Total dose per day = _____mcg.

What is a Cytokine?

Your new medication is a natural protein produced in the human body. It stimulates the bone marrow to make blood stem cells which then circulate through the blood stream.

Are there any side effects?

Some people may experience bone pain (especially in the hips and lower back), fatigue, insomnia, headaches, nausea, vomiting, fever, allergic reactions, or skin rash. There may be pain, swelling or redness at the injection site.

What should I do if I experience any of these side effects?

If you experience any of the above listed effects or other symptoms which are new while taking this medication you must:

1. Contact your Nurse Coordinator during office hours: (M-F 8 am - 5 pm).
2. Your coordinator is: _____
 - Telephone number: _____
3. After hours, weekends, and holidays contact the BMT doctor on-call through the paging operator at (734) 936-6267. Ask to have the on-call BMT Attending Physician paged.

Are there any medicines I should not take?

There are medications that can interfere with the stem cell collection procedure. You must tell your doctor and nurse coordinator about any medications you may be taking including over the counter medications.

Are there any medications I can take for bone pain?

You may take Tylenol or Extra Strength Tylenol. If Tylenol is not effective, you may take a non-steroidal medication. These include Ibuprofen, Motrin, and Aleve. Follow the package directions. Again, please call if you are experiencing any side effects or if these medications are not helping your pain.

Where should I keep my new medication?

You should store your medication in the refrigerator at a temperature of 36 -46 degrees Fahrenheit. Do not freeze. You may let the medicine warm up to room temperature before you inject it. The medicine can stay out of the refrigerator safely for up to 24 hours, but only if necessary.

What do I do with the syringes I've used?

Place needles and syringes in a hard, closed container, such as a coffee can or empty laundry container that the needles cannot poke through. These containers should be marked and kept away from children and pets. Needles and syringes in a hard closed container may be placed in your trash.

What if I forget to take my shot?

Generally, you should try to take your shots at the same time each day. If you miss your regularly scheduled dose by a few hours, you should take your regular dose as soon as you can. If you are more than a few hours late, contact your doctor/nurse coordinator at the numbers listed on the front of this page.