

Allogeneic Bone Marrow Transplant Crossword Puzzle on Discharge Education

1 CHILDREN

2 RETURN

3 VACCINATION

4 TRAVEL

5 DENTAL

6 MEDICATIONS

7 PESTICIDES

8 SWIMMING

9 HANDS

10 MENTAL ACTIVITY

11 INFECTIOUS

12 AGING

13 BLOOD

14 DISSIMULATION

15 IMMUNOSUPPRESSION

16 APPETITUS

17 SUNLIGHT

18 NIGHT

19 ILLNESS

20 PHARMACOKINETICS

21 HYPERTENSION

22 PAIN

Across

1. If you have **children**, it is important to inform their school that you must be notified of communicable diseases like measles, chicken pox, etc. Notify your doctor if you have been exposed to one of these illnesses.
2. Your **return** to work or school will depend on the type of transplant you received and how your recovery proceeds. Your doctor should approve your return. In general, autologous transplant recipients can return on a part-time basis in around 100 days. For Allogeneic transplant recipients, it may be anywhere from 6 months to a year.
4. Notify your doctor before you plan to do this. It may not be wise to plan an extended vacation until you see how your recovery progresses. **travel**
5. Continue your mouth care regimen that you practiced in the hospital. Continue your mouth care after meals and at bedtime. Notify your doctor of any mouth changes and plans for **dental** work. You should have a **dental** follow-up visit at six months after your transplant.
12. Balance work and **activity**. Avoid contact sports. Fatigue is common but it's important to stay active to keep your body and lungs strong. Space out activities and schedule rest periods into your day.
15. Bring your medications with you to clinic. Wait to take your **immunosuppression** medication until after your blood-draw in clinic. Then you are okay to take it. This will allow us to get an accurate drug level.
16. Loss of taste and **appetite** happens frequently following transplant. If you are having problems eating a diet with enough calories and protein, talk with our dietitian.
17. Avoid prolonged exposure to **sunlight**. Wear hats, long sleeves, and SPF 30 or higher. Lifelong medications may increase your risk for sunburn.
19. Avoid **ill** people and kids under 12 as much as possible. Avoid large crowds and people who have been recently vaccinated with a live vaccine (like chickenpox).
22. It is advisable to use only one **pharmacy** at home. They will have your complete records, can advise you on your prescriptions and will communicate with your doctor.

Down

1. Women- Use a dilator as directed by gynecology. Also use a water based lube to combat vaginal dryness which can be a result of **chemotherapy** and radiation.
3. After transplant, your body may no longer recognize previous childhood **vaccinations**. Therefore, you will be re-immunized with several vaccines beginning at approximately one year after transplant.
6. Consult your doctor before taking any over-the-counter **medications**. In general, avoid aspirin containing products and products containing acetaminophen or ibuprofen unless discussed first with your doctor or nurse. Avoid herbal supplements.
7. Household **pets** can remain in the home, with the exception of birds and reptiles. Avoid contact with animal wastes. Do not let them sleep with you.
8. Avoid doing this in lakes, public pools, and sitting in hot tubs due to the possibility of exposure to excessive bacteria. **swimming**
9. Wash your **hands** after using the restroom, before preparing or eating food, before caring for your central line and after coughing or sneezing. Always wash your **hands** when they look visibly soiled.
10. You may go home on IV electrolytes such as **magnesium**. In some instances, you may come into the infusion clinic to receive supplements.
11. Avoid sexual activity until your platelet count is at least **fifty**-thousand. Use a condom for at least the first 100 days post-transplant for sexual activity. Avoid anal intercourse. Avoid kissing or oral sex if your partner has mouth sores.
13. Inform the lab technician who is drawing your immunosuppression level (tacrolimus or cyclosporine) not to draw **blood** from the lumen with peach tape. Tacrolimus and cyclosporine levels can be affected if drawn from this line if they have had these drugs infused through it.
14. You will not be able to **drive** for at least three months following your transplant. This period may be shorter for patients receiving their own stem cells. It is essential to have someone available to drive you to your clinic

appointments or to the hospital. You cannot resume driving without your doctor's approval.

18. Observe your central line (venous access device) for signs and symptoms of this. You should notify your doctor of any changes to the insertion area including areas of redness, tenderness, drainage, or a general change of appearance. **infection**

20. You need to wear this when coming to the hospital or clinic appointments. It will not necessarily protect you from those who are sick, but is a reminder to those around you to be cautious. It is not necessary when you are at home or out for a walk in areas free of construction and free of large crowds. (**mask**)

21. Daily **hygiene** is important. Shower every day and keep your private area clean after using the restroom. Use non-alcohol containing lotions for moisturizing.

22. These can remain in the home. Avoid gardening, mowing the lawn, and other activities that stir up soil or the ground. Avoid handling fresh-cut flowers in vases. **plants**



Common Allogeneic Transplant Medications Matching

Match the medication use on the left to the medication on the right
Some Medications may be matched to multiple numbers on the left

1	Injection to treat or prevent blood clots
2	To treat/prevent nausea
3	First line immunosuppression
4	Antibiotic used to prevent/treat infections
5	Used to treat active viral infection
6	Immunosuppression used with or instead of Tacrolimus
7	Antiviral medication to prevent virus
8	Antifungal
9	Used to prevent/treat gastric reflux
10	Protects liver and gall bladder
11	Anti-anxiety medication that also helps with nausea
12	Vitamin supplement
13	Drops to prevent graft-vs-host disease of eyes
14	Antibiotic used to prevent/treat infections
15	Injection used to boost neutrophil count
16	Antifungal
17	To treat/prevent nausea
18	Short acting pain control
19	Steroid to treat graft-vs-host disease

10	Actigall / Ursodiol
11	Ativan / Lorazepam
6	Cellcept / mycophenolate mofetil
2, 17	Compazine / prochlorperazine
8, 16	Diflucan / fluconazole
4, 14	Levaquin / levofloxacin
1	Lovenox / Enoxaparin sodium
19	Medrol / methylprednisolone
15	Neupogen / Filgrastim Granix/tbo-filgrastim
18	Oxy IR /oxycodone
9	Prilosec / Omeprazole
3	Prograf / Tacrolimus
13	Restasis eye drops / cyclosporine
5	Valcyte / valganciclovir
4, 14	Vantin / Cefpodoxime
8, 16	Vfend / Voriconazole
12	Vitamin D3 / cholecalciferol
2, 17	Zofran / Ondansetron
7	Zovirax / Acyclovir



Signs of Infection

G C M M C V P C W C U S \$ P \$
 X N P O Q O G O O Y L V O J \$
 P Z I J U U N E E V K R J E
 Q Y Q L Z T F G W H B J E S N
 J Y P U E U H O H K R J T Y R
 P B M Z S E B S S L Y I H R E
 B N D I P E F R O C P D R X D
 Z D O L S K K G N R I V O V N
 N N Z O X M G E N B E L A B E
 I S O B R F G G E I G S T Y T
 B L B A N R R G N J N M D K N
 Y C N E U Q E R F D B R A B I
 G C H I L L S Q E N B Y U E K
 E N L U O C K R V N N U D B \$
 U T I M U S C L E A C H E S G
 G N N L H E L N R V V U D Y S
 I R B R L K I H S F F D Z C Q
 T Q F L Z E W A U S M G I U O
 A J B J S K W Q L R O A Q L U
 F M K Z R E F S V P M G I V Y

Burningfeeling	Chills
Confusion	Cough
Fatigue	Fever (over 38* celsius; or 100.5*fahrenheit)
Frequency (with urination)	Loosebowels
Mouthsores	Muscleaches
Skintenderness	Sorethroat
Swelling	Urgency (with urination)
If any of the above symptoms appear, notify your nurse or doctor immediately	

When to Contact your BMT Doctor

E T E T C P I N I G K G N B V
 G H S A R Q X K H F R N Q L E
 Z N E X E O V D O T S I O U C
 G N I T I M O V V K H L Z R O
 C Z Z D M A C Y I U Y L D R U
 T V R W E C K N F A Q E Z E G
 K P N H V E C H E Q P W S D H
 O K V U V H L H P A O S C V N
 V B B H A U R B I T Q A E I S
 L V N N U R A N T A R M H S V
 F F G I A U N B N F Q S S I F
 W E E I M C I E Z W O B R O P
 S C D V Q X R E D N E S S N K
 H E Y Q E C Q H P J X P Q S Q
 G O P C Q R E M M Q B K G C S

Bleeding

Diarrhea

Rash

Swelling

Blurred vision

Fever

Redness

Vomiting

Cough

Pain

Skin changes

Adult Blood and Marrow Transplant Program
Allogeneic Bone Marrow Transplant Puzzle Answers