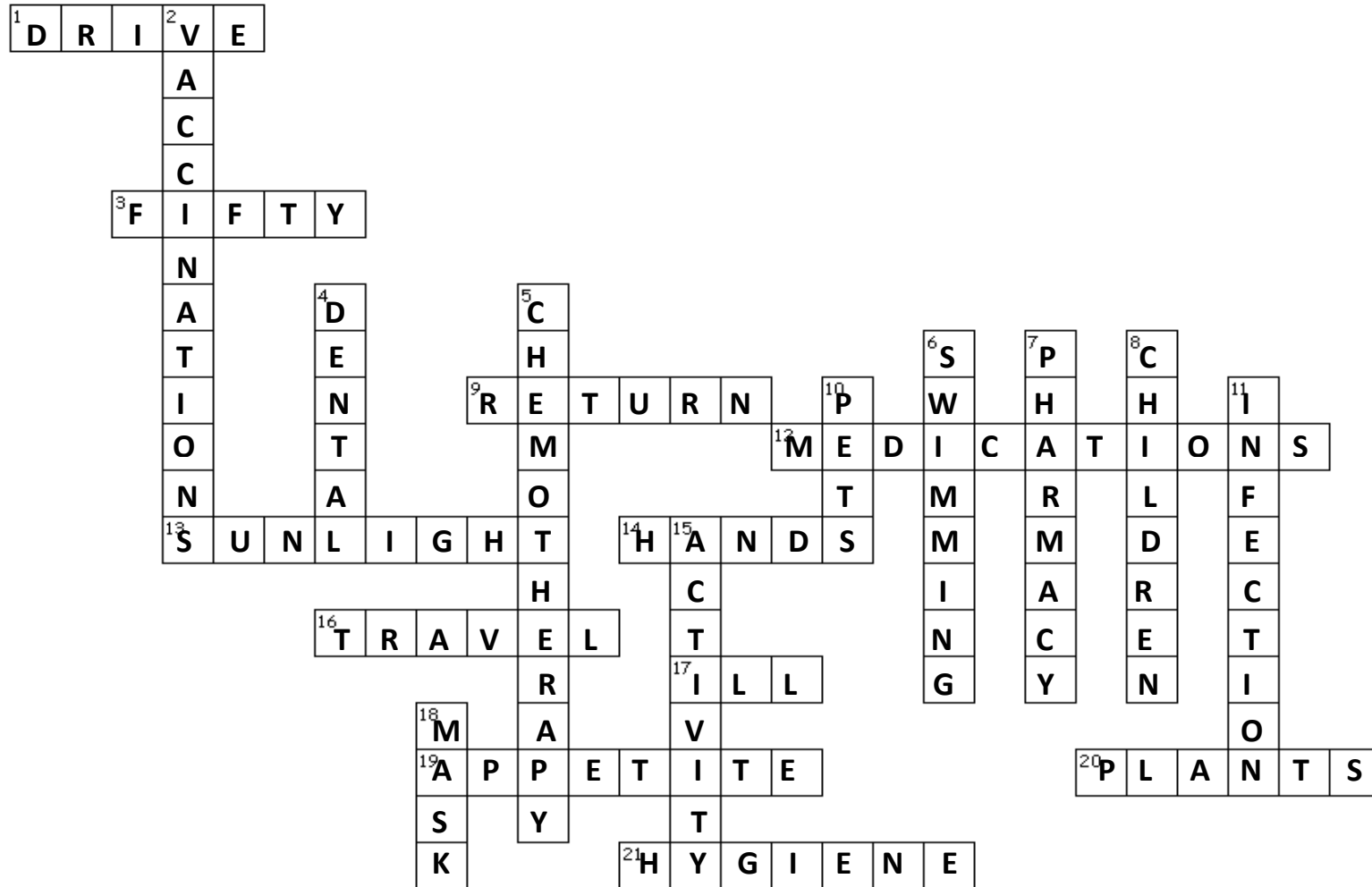


Autologous Bone Marrow Transplant Crossword Puzzle on Discharge Education



Across

1. 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.
3. 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.
9. 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.
12. 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.
13. Avoid prolonged exposure to **sunlight**. Wear hats, long sleeves, and SPF 30 or higher. Lifelong medications may increase your risk for sunburn.
14. Wash your **hands** after using the restroom, before preparing or eating food, before caring for your central line care and after coughing or sneezing. Always wash your **hands** when they look visibly soiled.
16. 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)**
17. 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).
19. Loss of taste and **appetite** happens frequently following transplant. If you are having problems eating enough calories and protein, talk with our dietitian.
20. 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)**

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.

Down

2. After transplant, your body may no longer recognize previous childhood **vaccinations**. Therefore, you will be re-immunized with several vaccines one to two years after transplant.

4. 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 transplant.

5. 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.

6. Avoid doing this in lakes, public pools, and sitting in hot tubs due to the possibility of exposure to excessive bacteria. (**swimming**)

7. 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.

8. 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 they have been exposed to one of these illnesses.

10. 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.

11. Observe your central line (venous access device) for signs and symptoms of this. Changes to the insertion area including areas of redness, tenderness, drainage, or a general change of appearance should be notified to your doctor. (**infection**)

15. 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.

18. 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**)

Autologous Transplant Medications Matching:

Match the medication use on the left to the medication on the right

1	Injection to treat or prevent blood clots
2	To treat/prevent nausea
3	Antibiotic used to prevent/treat infections
4	Used to treat active viral infection
5	Antiviral medication to prevent virus
6	Antifungal
7	Used to prevent/treat gastric reflux
8	Anti-anxiety medication that also helps with nausea
9	Vitamin supplement
10	Antibiotic used to prevent/treat infections
11	Injection used to boost neutrophil count
12	Antifungal
13	To treat/prevent nausea
14	Short acting pain control

8	Ativan / lorazepam
2, 3	Compazine /prochlorperazine
6, 12	Diflucan / fluconazole
3, 10	Levaquin / levofloxacin
1	Lovenox / enoxaparin sodium
11	Neupogen / filgrastim or Granix /tbo-filgrastim
14	Oxy IR /oxycodone
7	Prilosec / omeprazole
4	Valcyte / valganciclovir
3, 10	Vantin / cefpodoxime
6, 12	Vfend / voriconazole
9	Vitamin D3 / cholecalciferol
2, 13	Zofran / ondansetron
5	Zovirax / acyclovir

Some Medications may be matched to multiple numbers on the left



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 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

Blurred vision

Cough

Diarrhea

Fever

Pain

Rash

Redness

Skin changes

Swelling

Vomiting