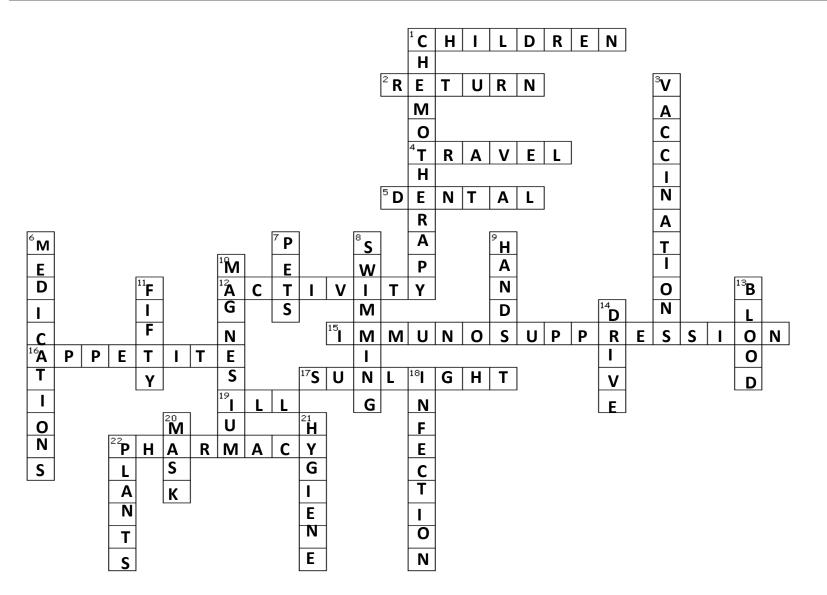


Allogeneic Bone Marrow Transplant Crossword Puzzle on Discharge Education



Across

1. If you have <u>children</u>, 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. <u>travel</u>

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 <u>dental</u> work. You should have a <u>dental</u> follow-up visit at six months after your transplant.

12. Balance work and <u>activity</u>. 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 <u>immunosuppression</u> 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 <u>appetite</u> 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 **<u>sunlight</u>**. Wear hats, long sleeves, and SPF 30 or higher. Lifelong medications may increase your risk for sunburn.

19. Avoid **<u>ill</u>** 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 **<u>pharmacy</u>** 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 <u>chemotherapy</u> and radiation.

3. After transplant, your body may no longer recognize previous childhood <u>vaccinations</u>. 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 <u>medications</u>. 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. **<u>swimming</u>**

9. Wash your <u>hands</u> after using the restroom, before preparing or eating food, before caring for your central line and after coughing or sneezing. Always wash your <u>hands</u> 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 <u>fifty</u>-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 <u>blood</u> 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 <u>drive</u> 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. <u>infection</u>

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
3 First line immunosuppression 4 Antibiotic used to prevent/treat infections
4 Antibiotic used to prevent/treat infections
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
13Drops 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
19Steroid 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,	Vantin / Cefpodoxime
14	
8,	Vfend / Voriconazole
16	
12	Vitamin D3 / cholecalciferol
2, 17	Zofran / Ondansetron
7	Zovirax / Acyclovir

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



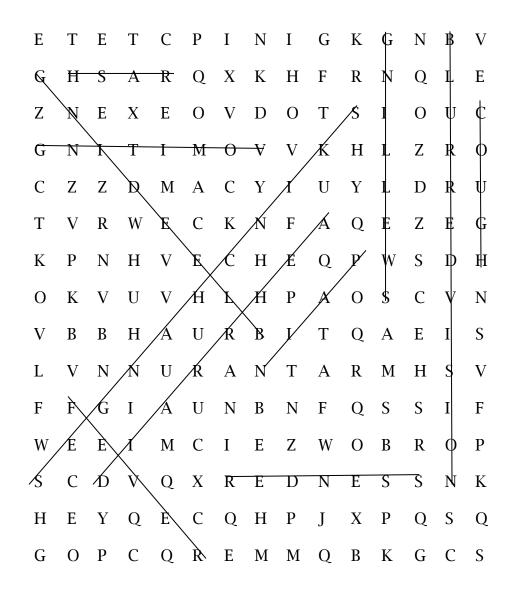
Signs of Infection

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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					



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Bleeding	Blurred vision	Cough
Diarrhea	Fever	Pain
Rash	Redness	Skin changes
Swelling	Vomiting	

Adult Blood and Marrow Transplant Program Allogeneic Bone Marrow Transplant Puzzle Answers 7