

Cellular Therapy: What to Expect During Your Hospital Stay

The following guidelines apply to being admitted to the inpatient BMT/Cellular Therapy unit and what to expect during your hospital stay.



Admission day:

- You will have labs drawn and an appointment the morning of your admission day with your Cellular Therapy physician, Physician's Assistant, or Nurse Practitioner to ensure that you are ready for your treatment process to begin.
- You will then get a central line catheter or a PICC line placed.
- After your line placement, you will be admitted to the inpatient BMT/Cellular Therapy unit. Note: If the unit does not have any open beds at this time, you will be sent to the admit lounge until we have a clean, open room for you. We are aware you are coming in, but sometimes we have to wait for patients to be discharged, housekeeping to clean the room, and then we can admit you.
- We will take a tour of the unit with you. We will show you where the nutrition room, family lounge, and laundry room are. We will also show you where you can walk in the halls.
- We will ask you several questions about your medications, screening questions, and other required documentation that has to be completed on admission day.



- We will review a list of current medications you are taking. If you brought medications that you are currently taking (actual bottles and pills), please send them home with your family. We will dispense all of your medications to you from our pharmacy. In the rare event that you take a medication that we don't stock, we will send your own home medication to pharmacy to verify it and then we can keep it locked up in the med cabinet in your room.

- We will show you how to order meal trays and guest trays from your room phone. You can order food from 6:30am to 8:00pm.
- There is a refrigerator in your room for food, it does not have a freezer component. There is a freezer in our nutrition room for any frozen foods that you plan to bring. Be sure to put your name on that food.
- There is a small couch or chair that converts to a bed for an overnight visitor.
- Minors need to be accompanied by an adult visitor at all times.

Routine nursing care:

- We do vital signs every 4 hours at a minimum, even overnight.
- Nurses caring for you will do a full assessment of you and your symptoms. They will listen to your heart and lungs, look in your mouth, ask you questions about pain, nausea, diarrhea, etc.
- Labs and blood samples will be taken daily around 4:00am or 5:00am and sometimes in the evening.
- Weights are done every day.
- The doctor and other members of the Cellular Therapy team will come to see you each day to assess you, discuss and update your treatment plan.

Day to day expectations of you:

- You need to shower every day with chlorhexidine soap that we will provide for you. This is to help prevent you from getting an infection.
 - We will show you how to use saran wrap to cover your central line to avoid it getting wet in the shower.
 - Do not use bar soap, use liquid soap only.
 - Do not use a loofah. Use a new washcloth each day.
- We will have you save all of your urine during your admission. We will show you how to do that and how to record the amount yourself.
- We will have you save your first bowel movement upon admission and at other times throughout your stay for testing.
- You need to be walking in the halls at least 3 times a day. You may be required to wear a mask when walking on the unit. Please ask your nurse and care team for guidance.
- Once you are admitted, you cannot leave the unit. If you must leave, you will need to get approval from your care team.
- We will encourage you to drink 4-5 large cups of water per day to keep you hydrated.
- We will have you use an incentive spirometer several times a day. This is a breathing machine that will help keep your lungs expanded. The respiratory therapist will show you how to use it.
- We will show you how to use Sequential Compression Devices (SCD's) on your legs to help prevent blood clots.
- Be sure to put your call light on when your IV pump is beeping as it does not automatically alert us to when this occurs.



Infection prevention:

- Wash your hands often, at a minimum before eating, after using the bathroom, and every time you or your visitors come in and out of your room.
- No sick visitors allowed on 7 West or in your room. Visitor policies may change. Discuss with your care team.
- No real flowers or plants, no latex balloons. Fake flowers and non-latex balloons are allowed.
- Do not wear contact lenses. Wear eyeglasses only.
- Your IV pole will be attached to your central line continuously while you are admitted on 7 West. We do not unhook you for showers. This is to keep your risk of infection as low as possible.
- Visitors should not use the bathroom in the room unless instructed otherwise. There are public restrooms and a shower located on the unit, outside of your room.
- Refer to your FDA Food Safety booklet or dietician for specific food related questions.
- Screening tests will be done upon admission and at the discretion of your care team to determine if you are a carrier of certain bacteria or viruses that can cause infection if spread. These screening tests may be done using a swab on the inside of your nose, or a rectal or stool sample swab.
- If you are put into contact or droplet precautions (where staff wear gowns, gloves, and possibly a mask into your room) we will prohibit you from using certain areas on the unit. We will give you more information on this if you are put into precautions.

Safety and fall precautions:

- We will discuss fall precautions with you and give you a handout. Your safety is very important to us and there are multiple factors that could increase your risk of a fall.
- For your safety, please do not touch the buttons or manipulate your IV tubing on your IV pump. Put your call light on if pump is beeping.

Symptoms during your stay:

- Keep us informed of all symptoms you are experiencing. Use your call light as needed to alert us to any symptoms you are having or if you need anything, this is how your nurses can help you be more comfortable.
- Symptoms to alert your nurse about:
 - Feeling hot or chilled
 - Difficulty breathing
 - Chest pain/tightness
 - Nausea/vomiting
 - Diarrhea
 - Pain, headache
 - Nose bleed
 - Blood in urine or stool
 - **Or any other symptoms that are concerning to you!**

Blood counts:

- We will write your labs/blood counts on a piece of paper in your room every day.
- Chemotherapy will make your white blood cell count and neutrophils decrease. This is when you are at most risk for infections.
- If your hemoglobin becomes too low, we will give you blood/red blood cells.
- If your platelets become too low, we will give you platelets. If you have a nose bleed or are bleeding from anywhere, we may give you platelets to help clot your blood at that point.

- Bleeding precautions - When your platelets are less than 50,000:
 - Do not floss
 - Do not blow your nose harshly
 - Do not rub your eyes
 - Do not scratch your skin hard
 - Do not strain with bowel movements
 - Do not have sexual intercourse (vaginal or anal)
 - Electric razors only
 - Avoid popcorn and hard to chew items
 - Avoid vomiting- call nurse for anti-nausea medications
 - Nothing per rectum or vagina (no enemas, tampons, vaginal dilators)
 - Notify staff of any signs of bleeding (nosebleeds, blood in urine/stool/vomit/sputum)

Chimeric Antigen Receptor (CAR) T-cell Therapy Patient and Family Resource Information.
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