

Autologous Transplant

Patient and Family Resource Information

**Bring this binder with you to all appointments
and to your hospital stay**

Adult Blood and Marrow Transplant (BMT) Program



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

BMT & CELLULAR THERAPY PROGRAM

Autologous Patient and Family Resource Information

Table of Contents

Welcome Letter

BMT Pre-Transplant Contact Information.....	1
Maps.....	3
Notes Pages.....	7
Binder Feedback.....	11

Important Paperwork and Forms to Return

Advance Directive Tips.....	(Insert)
<i>Start the Conversation: Making your health care wishes known.....</i>	(Insert)
Pre-Transplant Patient Checklist.....	(Insert)
Caregiver Responsibilities Agreement.....	(Insert)
BMT Patient Dental Clearance Instructions and BMT Dental Evaluation.....	(Insert)
Clearance Form.....	(Insert)
Oral Care Instructions for People Undergoing Bone Marrow Transplant.....	(Insert)

Section 1

Pre-Transplant Information

Autologous Timeline.....	23
<i>Transplant Outcomes & Treatment Decisions (Be the Match)</i>	(Insert)
Your Health Care Team.....	29
Common Pre-Transplant Tests and Procedures	33
The Tunneled Catheter.....	37
Central Venous Line: Care Instructions.....	39
Before You Get Your Peripherally Inserted Central Catheter (PICC).....	41
Donor Neupogen/G-CSF Instructions.....	45
Subcutaneous Injection Teaching.	47
Mozobil (Plerixafor) Information.....	55
Apheresis Instructions.....	57
Preparing to Collect Stem Cells: When to Call the Doctor.....	59
Preparing for your Hospital Stay.....	61
Consents.....	(Insert)
Patient Calendars.....	(Insert)
Food Safety Booklet.....	(Insert)
Teaching Slides.....	(Insert)

Section 2

Bone Marrow Transplant Basics and Individualized Information

Chemotherapy Education Sheets.....	(Insert)
Autologous Transplant Information (Be the Match).....	(Insert)
Disease Specific Information.....	(Insert)
Glossary of Terms.....	(Insert)

Section 3

Psychosocial Support and Resources

Psychosocial Support and Resources.....	113
Pre-Transplant Patient Checklist (Reference copy).....	121
Caregiver Responsibilities Agreement (Reference copy).....	123
Letter to Family and Friends.....	125

Section 4

Admission Information

What to Expect During your Hospital Stay.....	129
Frequently asked Questions about Bone Marrow Transplant.....	135
What to Expect on “Day Zero” of an Autologous Transplant.....	139
Transplant Day Information and Puzzles.....	143
Patient and Family Resource Guides.....	157

Section 5

Discharge and Post Admission Information

Autologous Stem Cell Transplant Discharge Instructions.....	161
BMT/CAR T-cell Discharge Contact Information.....	169
Safe Drinking Water & Beverages for Immunocompromised Patients....	171
MyUofMHealth.org Patient Portal FAQ.....	175
How do I find BMT discharge videos and patient education handouts online?.....	179
Bone Marrow Transplant Discharge: Transitioning to Outpatient Care.....	181
After Transplant Care Guides (Be the Match).....	(Insert)



Welcome to the Blood and Marrow Transplant (BMT) Program

Dear Patient and Family,

Welcome to the Michigan Medicine Cellular Therapy & Blood and Marrow Transplant (BMT) program. Over 25 years ago we began performing the first transplants, today we are proud to have cared for thousands of BMT patients from Michigan and beyond. To provide outstanding medical treatment, we believe in a multi-disciplinary team approach that features expertise in all facets of the BMT process. Michigan Medicine is a leader in bringing innovative treatments, state of the art facilities, research and educational resources to serve our patients. We are very excited to partner with you as you embark upon this important journey!

This BMT resource binder is to provide a resource for information on some of the 'key steps' that you may find helpful as you proceed through the transplant process. Understand that it is common to have questions and to feel overwhelmed when you receive materials, the binder is only one resource and we encourage you to use the "Notes" pages in the front to write down information and questions. The BMT staff are available to you to help navigate through this entire process.

How should this resource information be used?

- You and your family/caregiver will find information that will be useful before, during, and after your transplant.
- Read sections that address certain questions you may have.
- Review information with your family/caregiver.
- Write down questions that you may have for your transplant staff and bring them to your appointments. (Transplant Outcomes & Treatment

Decisions) from BE THE MATCH in section 1: Pre-Transplant Information is a guide to help you talk with your doctor.

Who do I call if I have questions after I see the transplant team?

- The BMT Clinic is open Monday -Friday, from 8am to 5pm. During these hours, call (734) 936-9814.
- After 5pm, on weekends, and holidays, call (734) 936-6267 and ask for the BMT physician on-call.
- You can also refer to the following handouts for further contact information on the next **page** labeled “BMT Pre-Transplant Contact Information” and also in **Section 5** labeled “*BMT Discharge Contact Information.*” These handouts give you several phone numbers that you may find helpful. If you have any questions or concerns about anything, do not hesitate to call.

Thank you for entrusting your care to us. We are committed to providing the very best comprehensive care for you and your family.

Sincerely,

Your Blood and Marrow Transplant Team

BMT Pre-Transplant & Cellular Therapy Pre-Infusion Contact Information

If you need to contact your doctor or coordinator, ask for them by name using the contact methods below.

The list below includes contact information you may need pre-transplant.

Questions/Concerns:	Clinician:	Phone Number
Medical emergency		Call 911
Medical questions (non-emergent)	MD/NP/PA/RN	Use on-line portal
Medical questions (requiring same day follow-up)	BMT/Cellular Therapy Nurse Coordinators (M-F, 7a-7p)	734-647-8902
Urgent concerns that cannot wait for clinic hours (nights/weekends/holidays)	BMT/Cellular Therapy doctor on-call	(734) 936-6267

Other assistance:		
Pre- Insurance Coordinators	Clinic Days	Phone Number
Patient Financial Counselors (PFC's)	Monday - Friday	(734) 877-326-9155
Apheresis	Monday - Friday (8a - 4p)	(734) 936-6900
Pharmacy location	Hours	Phone number
Cancer Center	(M-F, 9a-5:30p)	(734) 647-8911
Ambulatory Care/Taubman	(M-F, 9a-6p; Sat 9a-4:30p)	(734) 936-8260
Social Work	Clinic Days	Phone number
Emily Ubel (A-K)	Monday - Friday	(734) 232-9073
Toni Spano-English (L-Z)	Monday - Friday	(734) 232-5776
Billing and Insurance		
Patient Financial Counselors (PFC's) - (877-326-9155)		

Tangible (transportation, lodging, prescription cost resources, coordination of Medicaid travel benefits, etc.)

Guest Assistance Program (GAP) - (800) 888-9825

Lodging (short-term)

Patient & Visitor Accommodations (PVA) - (800) 544-8684

Supportive Assistance (Families Facing Cancer, PsychOncology, Symptom Mgmt, etc.)

Patient and Family Support Services (PFSS) - (877) 907-0859 or (734) 232-6366



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

BMT & CELLULAR THERAPY PROGRAM

Important Paperwork & Forms to Return



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

BMT & CELLULAR THERAPY PROGRAM

Autologous

Section 1

Pre-Transplant Information

Autologous Timeline

Transplant Outcomes & Treatment Decisions

Your Health Care Team

Common Pre-Transplant Tests and Procedures

The Tunneled Catheter

Central Venous Line: Care Instructions

Before You Get Your Peripherally Inserted Central Catheter (PICC)

Donor Neupogen/G-CSF Instructions

Subcutaneous Injection Teaching

Mozobil

Apheresis Instructions

Preparing to Collect Stem Cells: When to Call the Doctor

Preparing for your Hospital Stay

Consents

Patient Calendar

Food Safety Booklet

Teaching Slides



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

BMT & CELLULAR THERAPY PROGRAM

Autologous

Section 2

**Bone Marrow Transplant Basics and
Individualized Information**

Chemotherapy Education Sheets

Autologous Transplant Information (Be the Match)

Disease Specific Information

Glossary of Terms



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

BMT & CELLULAR THERAPY PROGRAM

Autologous

Section 3

Psychosocial Support and Resources

Psychosocial Support and Resources

Pre-Transplant Patient Checklist (Reference copy)

Caregiver Responsibilities Agreement (Reference copy)

Letter to Family and Friends



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

BMT & CELLULAR THERAPY PROGRAM

Autologous

Section 4

Admission Information

What to Expect During your Hospital Stay

Frequently asked Questions about Bone Marrow Transplant

What to Expect on "Day Zero" of an Autologous Transplant

Transplant Day Information and Puzzles

Patient and Family Resource Guides



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

BMT & CELLULAR THERAPY PROGRAM

Autologous

Section 5 **Discharge Instructions**

Autologous Discharge Information

Contact Information

Water Safety

MyUofMHealth.org Patient Portal

How do I find BMT discharge videos and patient education handouts online?

Bone Marrow Transplant Discharge: Transitioning to Outpatient Care

Be the Match: *After Transplant Care Guides*