



Care Instructions After Your Bispecific Antibody Treatment

These are your care guidelines for after you receive your bispecific antibody infusion treatments. Some things may not apply to you, or your doctor may have more specific instructions for you. Talk with your care team if you have any questions.

Important reminders:

- **Keep your patient wallet card with you at all times.**
- Tell any health care providers you go to see that you have received bispecific antibody treatment.
- When calling Michigan Medicine for immediate help, tell them you need to speak to a Hematology/Oncology doctor as soon as possible.
Hematology/Oncology phone number: (734) 647-8902

When do I need to immediately call for help?

Call the Hematology/Oncology doctor immediately if you have any of the symptoms below. When you call, **tell them you are a “bispecific passport patient” and you need to speak with the on-call Michigan Medicine Hematology/Oncology doctor as soon as possible.**

- It’s hard for you to breathe, or if you have shortness of breath
- Fever greater than 100.4° F
- Chills or shaking
- Low blood pressure, dizziness, or lightheadedness
- High (fast) heart rate, or you feel like your heart is pounding

- Changes in your mental status (including confusion, headaches, blurred or double vision, difficulty talking or answering questions, memory loss, loss of consciousness, or seizures)
- Sudden weakness or severe muscle or joint pain
- Severe or new nausea, vomiting, or diarrhea (call if this happens 3 times in the same 8-hour period)

What other symptoms do I need to tell my doctor about?

- Problems with eating, such as:
 - You can't keep food, fluids, or medications down (meaning you vomit them back up)
 - You have no interest in eating
 - You have trouble swallowing
- Bleeding problems, such as:
 - Nosebleeds
 - Blood in your urine (pee) or stool (poop)
 - Vomiting blood
 - Increased bruising
- Infection problems, such as:
 - Pain with urination (peeing) or bowel movements (pooping)
 - Red, swollen, or painful areas on your body
 - A change with your wound (like unusual pain, drainage or leaking fluid, swelling, or redness)
 - Sore throat or a new cough
- Not peeing as much as you normally do
- Rash
- Pain that is not controlled with your prescribed pain medications
- Changes or problems with your central line (if you have one), such as:
 - Having trouble flushing your line

- If you have redness, drainage (leaking fluid), pain, or if your line site looks different
- Fevers, chills, or hives (small, itchy bumps on your skin) after getting a blood transfusion
- If you just don't feel right

What is the contact information?

- Call 911 for medical emergencies.
- For urgent medical questions (when you need an answer quickly), call (734) 647-8902 and ask for the Hematology/Oncology doctor on-call. When you call, always tell them that you are a bispecific antibody patient.
- For any non-urgent questions (when you don't need an answer quickly), call (734) 647-8902 Monday through Friday between 8:00 AM - 5:00 PM or send a message through the Michigan Medicine online patient portal at MyUofMHealth.org.

Caring for yourself at home

Follow the guidelines below after your infusion (or longer, if your doctor tells you to).

What are my care instructions for handwashing and showering?

- Wash your hands often! At the very least, you should wash your hands before eating, after you use the bathroom, and after touching or being around people or pets.
- Shower every day. Use liquid soap and a new washcloth each day. Do not use bar soap or a loofa (sponge).

How can I prevent infections?

- Try to avoid being around anyone who is sick or ill.
- Avoid crowds of people when possible.

- Try to avoid contact with children younger than 12 years old who are not in your immediate family.
- Don't wear contact lenses. Wearing eyeglasses instead helps to prevent infection.
- Tell the Hematology/Oncology clinic if you have come into contact with anyone that has a communicable disease (like chickenpox, shingles, flu, etc.).
- Deep cleaning of your house is not necessary before you go home, but it is good to have a caregiver wipe down the surfaces in your home, dust, and vacuum.
- Avoid construction areas or anywhere dirt and soil are being moved.
- Avoid dirty, dusty, or moldy places.
- Avoid things that can irritate your lungs such as smoking, secondhand smoke (people smoking around you), and aerosols (like hairspray, e-cigarettes, and spray paint).
- If you feel sick, take your temperature as needed. Call your Hematology/Oncology doctor if it is greater than 100.4° F.

Do I need to wear a mask?

You do not need a mask unless you have a low white blood cell count (you are neutropenic) or you are around construction.

How can I reduce my bleeding risk?

You are at the highest risk of bleeding when your blood platelet count is 50,000 or less (you can get this information from your clinic lab work). If you are at high risk for bleeding, follow these guidelines:

- Do not floss your teeth. Use a soft toothbrush.
- Do not blow your nose hard.
- Do not rub your eyes.
- Do not scratch your skin hard.

- Do not strain (push hard) with bowel movements.
- Do not have sex that involves putting anything in your vagina or rectum (butt).
- Do not shave with a razor. Only use electric clippers for hair cutting.
- Do not play contact sports (sports where you hit other people, like football, hockey, etc.).
- Avoid eating popcorn, anything that might cut your gums as you chew it, or anything that might get stuck in your teeth and cause you to need to floss.
- Avoid vomiting if possible. Use the anti-nausea medications prescribed to you to prevent vomiting.
- Don't put anything into your rectum or vagina (no enemas, tampons, etc.).
- Do not use aspirin, ibuprofen, or any medications that affect your blood platelets.

Can I drive?

Ask your doctor when you can drive. Bring someone with you to all your infusion treatments who can drive you home after your appointment.

Medications

- Before you leave the hospital, you will get specific instructions about the medications you are taking.
- Only take the medications that are prescribed to you. Do not take any other medications unless they have been approved by your doctor.
- Bring all medications you are taking and your list of medications to your clinic appointments.
- Inhaled and intranasal steroids (steroids you take by breathing them in through your nose or mouth) are okay for you to take. Do not take other steroids (such as prednisone, Medrol®, or Decadron®) or let any other

doctor prescribe you steroids unless they are approved by your Hematology doctor. You should only use oral steroids (taken by mouth) or IV steroids (given to you through a needle in your vein) for an emergency situation.

- Don't take acetaminophen (Tylenol®), ibuprofen (Motrin®, Advil®), aspirin (Bayer®, Excedrin®), or naproxen (Aleve®) unless your doctor tells you to.
- Avoid herbal supplements and **over-the-counter medications** (medications you can get without a prescription) unless they are prescribed by a doctor.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Authors: Suzanne Burke, BSN RN, Tara Nisbet, RN, Marie Richards, MSN RN, Martina Fraga, PharmD BCOP, Victoria Nachar, PharmD BCOP
Edited by: Brittany Batell, MPH MSW

Patient Education by [U-M Health](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 07/2023