

Discharge Instructions and Immune Precautions: Autologous and Syngeneic Bone Marrow or Peripheral Blood Stem Cell Transplant

General guidelines

Here are special instructions so you can help protect yourself from infection and care for yourself after transplant. Your immune system is weak for a while after this treatment so your risk of infection is greater. Begin these precautions when you are discharged from the hospital. You will usually need to follow these guidelines for about 30 days after your transplant. Check with your BMT nurse or doctor to see when you may be able to relax some of these safety measures.

Skin care and hygiene

- Apply a hypoallergenic lotion twice a day.
- Keep your skin clean, such as with a daily shower. This can help reduce the possibility of infection.
- Keep your hands clean. Wash your hands frequently, especially after using the bathroom.
- Wash your hands before taking care of your central venous catheter.

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Learn more about your health care.

- It also is very important for your caregivers and visitors to wash their hands.
- Use hypoallergenic sunscreen with a SPF of 15 or greater.
- Avoid direct sun exposure on your skin.
- Wear a head cover such as a wig, scarf, or cap, when you are outside.
- Use a condom with sexual intercourse.
- Do laundry in the usual way.

Nutrition

- Try to drink 8 glasses (8 oz. each) liquids a day. Drinks without caffeine are best.
- You are back on a regular diet. There are just five things you need to remember for the first 100 days:
 - ▶ Avoid salad bars and buffets at restaurants.
 - ▶ Avoid sushi or raw fish.
 - ▶ All eggs must have the yolk cooked hard. Avoid sunny side up, over medium, poached and over easy eggs.
 - ▶ City water is okay to drink. If you have well water that has not been tested in the past, you should use bottled water for drinking.
 - ▶ Ground beef must be cooked brown, the whole way through, no pink. If you are eating steak, you should cook it well or medium-well.

Pets and animals

- Wash your hands after petting animals.
- Avoid contact with pet urine and feces.
- Avoid cleaning litter boxes, cages, or aquariums.

Environmental

- Keep your home clean. For example: floors, carpets, furniture, counter tops, and bathrooms should be cleaned thoroughly.
- Wash your hands after handling trash.
- Do not use tobacco products such as cigarettes, cigars, pipes or chew. Avoid being around second hand smoke.
- Avoid yard work such as gardening, mowing the lawn, or raking leaves.
- Avoid working on cars or machinery.
- Avoid contact with chemicals and fumes such as gasoline, fuel oil, paints, pesticides, herbicides, and fertilizers.
- Avoid remodeling, painting or construction where you live.
- Avoid use of portable humidifiers or vaporizers.
- Wear a duck bill mask in some situations. Put on a duck bill respirator mask when you enter the hospital. You may remove the mask after being placed in a room. Wear this mask to protect yourself in when in a crowd of people, when you are near areas of construction, or outdoors when it is windy. Also wear the mask if you are near someone who has an illness they might spread.

Recreation and work

- Increase your activity gradually.
- Begin light exercise such as walking.
- Get plenty of rest and take breaks between activities.
- Check with your doctor before driving a car or other vehicle.
- Try to go to public places such as stores, malls, movies, and restaurants during less crowded times.
- Inform your employer or school that you may be away for a couple of months.
- Check with your doctor or nurse to estimate when you may return to work or school.

- Do not swim until the central venous catheters have been removed.
- Do not ride bicycles or motorcycles.

Contact with family, children, friends

- Ask your doctor before visiting with children who are younger than 12 years old.
- Avoid contact with persons who have colds, flu, or contagious diseases (i.e. measles, chicken pox, herpes, viruses, colds, pink eye, coughs, and sore throats).

Medicines, drugs, and alcohol

- Take your medicines as prescribed by your doctor. Tell your doctor or nurse if you are not able to take your medicines because you have nausea and vomiting.
- Do not take medicines that are not prescribed by your doctor including over the counter drugs. Examples: aspirin, laxatives, herbal or other remedies.
- Use your medication sheet to check off when you take your medicine. Make sure changes in medicines are written on the medication sheet.
- Bring all your medicine containers or bottles to the first AMTU visit. These will be checked to be sure the bottles match the medication sheet.
- Bring your medication sheet and the medicines you may need for that day to each AMTU visit. Please bring all the medicines you may need for the entire day. You may be at the AMTU for 2 - 8 hours depending on what tests and treatment you need that day.
- Ask questions about any of your medicines and report side effects.
- Do not drink alcoholic beverages such as wine, beer or mixed drinks.