













Adult **Allogeneic** Transplant and Cellular Therapy (TCT) Discharge Instructions – Precautions to Keep Patients Safe





Medication Safety




- Always take medications exactly as prescribed.
- Pay close attention to how much of each medication you should take – your doses may change often.
- Learn about your medications – you must know about any interactions your medications can have with certain foods and beverages.
- Review all the precautions that come with each medication.





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| <p>When to Call</p>  <p>716-845-1444</p> | <p>Call us if you have:</p> <ul style="list-style-type: none"> • confusion, anxiety, agitation, or excessive sleeping with difficulty waking up • a fever 100.4°F or 38°C • anorexia (loss of appetite), nausea, vomiting, diarrhea, or abdominal cramping • if you have fallen • new rash, blisters, or bruising • pain not controlled with prescribed medication • shortness of breath, coughing that wakes you, new shortness of breath, or difficulty breathing when walking up stairs • low blood pressure - less than 95 systolic (top number) unless told otherwise • high blood pressure - greater than 150 systolic (upper number) or greater than 90 diastolic (bottom number) • heart rate (pulse) less than 55 or greater than 120 • blood sugar less than 70 or greater than 260 • mouth sores or severe mouth pain • bloody urine |
| <p>Wearing a Mask</p> <p>Protects you from germs that cause infections</p>  | <p>The yellow mask is preferable. You must wear an approved mask when you are:</p> <ul style="list-style-type: none"> • traveling to and from the hospital for at least 1 year after stem cell transplant and continue if you are considered immunosuppressed • in crowds • inside of any hospital • around construction areas when windy <p>When in doubt, wear a mask; it protects you from people who are coughing or who are sick</p> |





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| <p>Personal Hygiene</p>  | <ul style="list-style-type: none"> • Shower or bathe every day • Change clothes every day • No piercings and no tattoos for at least 1 year |
| <p>Driving</p>  | <ul style="list-style-type: none"> • You should not drive for up to 60 days unless you have TCT physician clearance • You must not drive if you are on a medication that impairs your judgement or alertness |
| <p>Diet</p>  | <ul style="list-style-type: none"> • Refer to your Low Microbial Diet booklet until you are off immunosuppressive therapy • Game meat should be cooked to well done • Avoid water fountains • Use only bottled water if traveling in rural areas or to other countries or if you are unsure of the quality of the water you are drinking • All produce should be thoroughly washed before eating. You may soak fruits and vegetables in water for 2 minutes, then rinse thoroughly in cold water. No fresh or frozen berries • No alcohol for the first 100 days (can cause bone marrow or liver damage) Check with clinical team about when you can have alcoholic beverages |
| <p>Well Water</p>  | <ul style="list-style-type: none"> • Well water used in home for drinking and cleaning of fruits and vegetables must be boiled with a rolling boil for 1 minute, placed in a clean container, cooled, and kept in a container for 48 hours. Untreated well water should not be consumed by a person who has had autologous transplant. Per CDC guidelines treated well water may be consumed only after Day + 100 recommend: Reverse Osmosis, Distillation, pore size of 1 micron or smaller (with word Absolute written on filter) for well water treatment. • Annual well water testing at a minimum should consist of: Microorganisms (bacteria, viruses, and parasites), nitrate, heavy metals, and organic chemicals |
| <p>Dining Out</p>  | <ul style="list-style-type: none"> • Use caution while receiving immunosuppressive therapy • Avoid salad bars, buffets, raw fruit and vegetables, garnishes, fountain drinks, water fountains, ice, and soft serve ice cream • If uncertain about conditions of the restaurant, DO NOT eat there |

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| <p>Being Alone</p>  | <p>A caregiver must be present 24 hours a day for at least 100 days after discharge</p> |
| <p>Pets/Animals</p>  | <ul style="list-style-type: none"> • No new pets for at least 1 year • No aquarium cleaning while on immunosuppressive therapy • No reptiles or amphibians for at least 1 year • No birds for at least 1 year (it is highly recommended that you never get a bird) • Avoid contact with feces, saliva, urine, and solid litter box matter while on immunosuppressive therapy • No close contact with farm animals for at least 1 year • No animals in your bed • Do not visit the zoo for at least 1 year or while on immunosuppressive therapy. Check with clinical team for further guidance |
| <p>Plants</p>  | <ul style="list-style-type: none"> • No dried flowers while on immunosuppressive therapy • No live Christmas tree while on immunosuppressive therapy • Do not transplant houseplants while on immunosuppressive therapy • Do not water houseplants while on immunosuppressive therapy • Do not dig in the dirt while on immunosuppressive therapy • Avoid going inside a greenhouse while on immunosuppressive therapy • Recommend keeping plants in a room not frequently used by the patient • If you have lung GvHD or allergies, consider removing all household plants |
| <p>Lodging</p>  | <p>You must have local lodging for at least 100 days after transplant if you live 45 minutes or more away from Roswell Park</p> |
| <p>Travel</p>  | <ul style="list-style-type: none"> • Discuss with TCT team before making travel arrangements • Discuss travel with TCT clinicians for necessary reimmunizations/titers • Use only bottled water if you are unsure of the quality of the drinking water • Carry the emergency letter provided to you at discharge or TCT clinic • Have name and location of appropriate health care facilities at visiting location • Refill all medications and prescriptions at least 1 week before travel • We strongly recommend that you wear your Medical Alert bracelet to notify providers that you are a transplant patient |

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| <p>School/Work</p>  | <ul style="list-style-type: none"> • Discuss all potential risks of occupational exposure with your clinical team • Most patients return to school/work by day 365. You must be cleared by your TCT attending physician • Returning to university life will depend on the living situation and must be cleared by your TCT attending physician • You must have access to health care within 30 minutes |
| <p>Intimacy</p> <p>Please discuss your questions with your clinical team</p>  | <ul style="list-style-type: none"> • If you are still requiring platelet transfusions, we advise against vigorous sexual activity - please check with your clinical team • Lubricant is advised • Use condoms while you considered immunosuppressed • No oral sex for at least 100 days after stem cell transplant • Do not engage in any activity that would put you at risk for bleeding • Certain medications can cause birth defects, please discuss with your clinical team • The transplant process can decrease your interest in sex (libido) |
| <p>Smoking</p>  | <ul style="list-style-type: none"> • No smoking, marijuana use, vaping, or electronic cigarettes (e-cigs) - EVER • No chewing of tobacco - EVER • Want help quitting tobacco? Roswell Park's Tobacco Treatment Service can work with you to develop a tailored quit plan and make medication recommendations. They also offer telephone and small group sessions to provide ongoing support. Call 716-845-1300, Extension 7851 • Smoking cessation assistance and products are also available at NY State Smokers' Quitline. Website: www.nysmokefree.com Phone: 1-866-NY-QUITS (1-866-697-8487) |
| <p>Hobbies</p>  | <p>Please remember that you may not have recovered physically and all activities involving exercise may be difficult. All safety gear must be approved by the Consumer Product Safety Commission and used when engaging in appropriate activities.</p> <p>Examples include: helmet, gloves, respiratory mask, footwear, and clothing</p> <p>www.cpsc.gov/en/Safety-Education/Safety-Guides</p> |

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| <p>Farm Equipment</p>  | <p>Do not use farm equipment for at least 1 year or if you are considered immunosuppressed</p> |
| <p>At Home</p>  | <ul style="list-style-type: none"> • All equipment for heating and air conditioning containing dust or dirt should be maintained by someone other than the patient • Should have air ducts cleaned at least every 1 to 2 years • Should have filters cleaned/replaced at least every 6-12 months • Recommend using dehumidifier and HEPA filter where you sleep and where you spend most of your time • Use an air conditioner if available and try to keep windows closed in the summer because of airborne organisms • No humidifies or dispersing aerosols for 3 months • Basement/Attic: Do not go into a basement that has mold, especially if it is unfinished. Make sure these areas are free from rodents and vermin • Stove: Do not fill or maintain pellet stoves, fireplaces, or wood burning stoves for 100 days or while considered immunosuppressed, please discuss this with your physician • Wood should be stored outside of home or garage. Do not handle the wood for at least 100 days |
| <p>Housework</p>  | <ul style="list-style-type: none"> • Laundry: Only handle dirty laundry when wearing rubber gloves for at least 100 days, if you are considered immunosuppressed • OK to fold clean laundry • Bathroom: Do not clean the bathroom while considered immunosuppressed. After 100 days, please wear gloves and a mask • Dusting/Vacuuming: Do not dust or vacuum for at least 100 days or while considered immunosuppressed. Please check with the clinical team for further guidance • Food preparation: No raw food prep without gloves for at least 100 days. Please check with your clinical team for further guidance • Dishwashing/Loading Dishwasher: Wear rubber gloves for at least 100 days or while you are considered immunosuppressed |

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| <p>Shop Work, Metal Work, Carpentry, & Power Tools</p>  | <ul style="list-style-type: none"> • Safety equipment must be worn • Do not do any shop work, metal, or carpentry work for at least 3 months or if you are considered immunosuppressed. Discuss with your physician • Some of the medications you are on can decrease your alertness or cause tremors, resulting in injury from tools and equipment. Do not use power tools for at least 1 year or if you are considered immunosuppressed. Check with clinical team for further guidance • Power tools can be dangerous |
| <p>Outdoor Activities</p>  | <ul style="list-style-type: none"> • Apply SPF 30 sunscreen at least every 30 minutes if outdoors – you can get a sunburn even if it is cloudy • Always wear a hat to protect your head • Purchase sunglasses that protect you from 99% – 100% of both UVA and UVB light. This includes those labeled as "UV 400," which blocks all light rays with wavelengths up to 400 nanometers. (This covers all of UVA and UVB rays) • Consider wraparound sunglasses to prevent harmful UV rays from entering around the frame. Sunglasses should be worn all year round including while in the car • Polarizing filter in sunglasses makes it easier to see and be comfortable without the blinding glare • Wear clothing that covers your skin as much as possible |
| <p>Gardening, Lawn Care, & Chopping Wood</p>  | <ul style="list-style-type: none"> • No digging in the dirt for at least 1 year • No lawn mowing or gardening for at least 1 year or if you are considered immunosuppressed. Discuss with your clinical team • Do not chop wood for at least 1 year after your stem cell transplant or if you are considered immunosuppressed |
| <p>Camping</p>  | <ul style="list-style-type: none"> • No camping for at least 1 year or if you are considered immunosuppressed • Avoid outdoor fireplaces or fire pits for at least 1 year or if you are considered immunosuppressed • When you can camp again, the tent or camper must be cleaned, and all mold removed |

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| <p>Fishing & Hunting</p>  | <ul style="list-style-type: none"> • When boating, you should be close enough to shore to receive care within 30 minutes for at least 1 year after your stem cell transplant • Do not gut or clean animals, bait hooks, or clean fish while you are considered immunosuppressed • No hunting for at least 1 year or while considered immunosuppressed. This can be very strenuous and should be discussed with your physician and physical therapist before you go • Personal use of hunting equipment such as firearms and bows must have prior approval from physician and physical therapist |
| <p>Recreational Activities</p>  | <p>All safety gear must be approved by the Consumer Product Safety Commission and used when engaging in appropriate activities. Examples include helmet, gloves, respiratory mask, footwear, and clothing www.cpsc.gov/en/Safety-Education/Safety-Guides</p> <ul style="list-style-type: none"> • Avoid the following activities for at least 100 days after stem cell transplant: ATVs, biking, contact sports, motorcycles, rollerblading, skateboarding, skiing, snowmobiling, and surfing • Before taking part in any contact sports, please discuss it with your clinical team |
| <p>Swimming</p>  | <ul style="list-style-type: none"> • Do not swim with any central venous line, including a PICC line. Please discuss any water related activities with your clinical team • Do not swim in natural bodies of water for at least 1 year after stem cell transplant • If using a public pool, try to swim in the morning. The pool should be treated overnight to decrease the risk of infection • No hot tub if you are considered immunosuppressed • OK to use your own pool, but make sure it is cleaned properly |
| <p>Gym</p>  | <ul style="list-style-type: none"> • Visit the gym when it is least crowded • Seek guidance from your physical therapist • Wipe off all gym equipment before using. It is a good idea to carry a box of hand or baby wipes for cleaning things you touch • A gentle workout is OK when your platelets are above 20 thousand (20,000) • A high impact workout is OK when platelets are above 50 thousand (50,000) |