

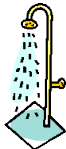











# Adult **Autologous** Transplant and Cellular Therapy (TCT) Discharge Instructions – Precautions to Keep Patients Safe





## 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.







<p>When to Call</p>  <p><b>716-845-1444</b></p>	<p>Call us if you have:</p> <ul style="list-style-type: none"> <li>• confusion, anxiety, agitation, or excessive sleeping with difficulty waking up</li> <li>• a fever 100.4°F or 38°C</li> <li>• anorexia (loss of appetite), nausea, vomiting, diarrhea, or abdominal cramping</li> <li>• if you have fallen</li> <li>• new rash, blisters, or bruising</li> <li>• pain not controlled with prescribed medication</li> <li>• shortness of breath, coughing that wakes you, new shortness of breath, or difficulty breathing when walking up stairs</li> <li>• low blood pressure - less than 95 systolic (top number) unless told otherwise</li> <li>• high blood pressure - greater than 150 systolic or greater than 90 diastolic (bottom number)</li> <li>• heart rate (pulse) less than 55 or greater than 120</li> <li>• blood sugar less than 70 or greater than 260</li> <li>• mouth sores or severe mouth pain</li> <li>• bloody urine</li> </ul>
<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"> <li>• traveling to and from the hospital for at least 2 weeks after stem cell transplant</li> <li>• in crowds</li> <li>• inside of any hospital</li> <li>• around construction areas when windy</li> </ul> <p>When in doubt, wear a mask; it protects you from people who are coughing or who are sick</p>



<p>Personal Hygiene</p> 	<ul style="list-style-type: none"> <li>• Shower or bathe every day</li> <li>• Change clothes every day</li> <li>• No piercings and no tattoos for at least 100 days</li> </ul>
<p>Driving</p> 	<ul style="list-style-type: none"> <li>• No driving for up to 30 days - need TCT physician clearance</li> <li>• You must not drive if you are on a medication that impairs your judgement or alertness</li> </ul>
<p>Diet</p> 	<ul style="list-style-type: none"> <li>• Refer to your Low Microbial Diet booklet for 100 days</li> <li>• Game meat should be cooked to well done</li> <li>• Avoid water fountains</li> <li>• 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</li> <li>• 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</li> <li>• 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</li> </ul>
<p>Well Water</p> 	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Annual well water testing at a minimum should consist of: Microorganisms (bacteria, viruses and parasites), nitrate, heavy metals, and organic chemicals</li> </ul>
<p>Dining Out</p> 	<ul style="list-style-type: none"> <li>• Use caution until 3 months after transplant</li> <li>• Avoid salad bars, buffets, raw fruit and vegetables, garnishes, fountain drinks, water fountains, ice, and soft serve ice cream</li> <li>• If uncertain about conditions of the restaurant, DO NOT eat there</li> </ul>

<p>Being Alone</p> 	<p>A caregiver <b>MUST</b> be present 24 hours daily up to 2 weeks after discharge</p>
<p>Pets/Animals</p> 	<ul style="list-style-type: none"> <li>• No new pets for at least 6 months</li> <li>• No aquarium cleaning for at least 6 months</li> <li>• No reptiles or amphibians for at least 6 months</li> <li>• No birds for at least 6 months</li> <li>• Avoid contact with feces, saliva, urine, and solid litter box matter for at least 6 months</li> <li>• No close contact with farm animals for at least 6 months</li> <li>• No animals in your bed</li> <li>• Do not visit the zoo for at least 6 months. Check with clinical team for further guidance</li> </ul>
<p>Plants</p> 	<ul style="list-style-type: none"> <li>• No dried flowers for at least 3 months</li> <li>• No live Christmas tree until 3 months after TCT</li> <li>• Do not transplant houseplants for at least 3 months</li> <li>• Do not water houseplants for at least 3 months</li> <li>• Do not dig in the dirt for at least 3 months</li> <li>• Avoid going inside a greenhouse for at least 3 months</li> <li>• If you have lung problems or allergies, consider removing all household plants</li> </ul>
<p>Lodging</p> 	<p>You must have local lodging for at least 2 weeks after transplant if you live 45 minutes or more away from Roswell Park</p>
<p>Travel</p> 	<ul style="list-style-type: none"> <li>• Discuss with TCT team before making travel arrangements</li> <li>• Discuss travel with TCT clinicians for necessary reimmunizations/titers</li> <li>• Use only bottled water if you are unsure of the quality of the drinking water</li> <li>• Carry the emergency letter provided to you at discharge or TCT clinic</li> <li>• Have name and location of appropriate health care facilities at visiting location</li> <li>• Refill all medications and prescriptions at least 1 week before travel</li> <li>• We strongly recommend that you wear your Medical Alert bracelet to notify providers that you are a transplant patient</li> </ul>

<p>School/Work</p> 	<ul style="list-style-type: none"> <li>• Discuss all potential risks of occupational exposure with your clinical team</li> <li>• Most patients return to school/work by day 180. You must be cleared by your TCT attending physician</li> <li>• Returning to university life will depend on the living situation and must be cleared by your TCT attending physician</li> <li>• You must have access to health care within 30 minutes</li> </ul>
<p>Intimacy</p> <p>Please discuss any questions with your clinical team</p> 	<ul style="list-style-type: none"> <li>• If you are still requiring platelet transfusions, we advise against vigorous sexual activity - please check with your clinical team</li> <li>• Lubricant is advised</li> <li>• Use condoms for at least 100 days after stem cell transplant</li> <li>• No oral sex for at least 100 days after stem cell transplant</li> <li>• Do not engage in any activity that would put you at risk for bleeding</li> <li>• Certain medications can cause birth defects, please discuss with your clinical team</li> <li>• The transplant process can decrease your interest in sex (libido)</li> </ul>
<p>Smoking</p> 	<ul style="list-style-type: none"> <li>• No smoking, marijuana use, vaping, or electronic cigarettes (e-cigs) - <b>EVER</b></li> <li>• No chewing of tobacco - <b>EVER</b></li> <li>• 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 <b>716-845-1300, Extension 7851</b></li> <li>• Smoking cessation assistance and products are also available at NY State Smokers' Quitline. Website: <a href="http://www.nysmokefree.com">www.nysmokefree.com</a> Phone: <b>1-866-NY-QUITS (1-866-697-8487)</b></li> </ul>
<p>Hobbies</p> 	<p>Please remember that you may not have recovered physically and all activities involving exercise may be difficult. <b>All safety gear must be approved by the <a href="http://www.cpsc.gov/en/Safety-Education/Safety-Guides">Consumer Product Safety Commission</a> and used when engaging in appropriate activities.</b></p> <p>Examples include: helmet, gloves, respiratory mask, footwear, and clothing <a href="http://www.cpsc.gov/en/Safety-Education/Safety-Guides">www.cpsc.gov/en/Safety-Education/Safety-Guides</a></p>

<p>At Home</p> 	<ul style="list-style-type: none"> <li>• <b>All equipment for heating and air conditioning containing dust or dirt should be maintained by someone other than the patient</b></li> <li>• Should have air ducts cleaned at least every 1 to 2 years</li> <li>• Should have filters cleaned/replaced at least every 6-12 months</li> <li>• Recommend using dehumidifier and HEPA filter where you sleep and where you spend most of your time</li> <li>• Use an air conditioner if available and try to keep windows closed in the summer because of airborne organisms</li> <li>• No humidifiers or dispersing aerosols for 3 months</li> <li>• 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</li> <li>• Stove: Do not fill or maintain pellet stoves, fireplaces, or wood burning stoves for at least 3 months</li> <li>• Wood should be stored outside of home or garage. Do not handle the wood for at least 30 days</li> </ul>
<p>Housework</p> 	<ul style="list-style-type: none"> <li>• Laundry: For 30 days, only handle dirty laundry when wearing rubber gloves</li> <li>• OK to fold clean laundry</li> <li>• Bathroom: Do not clean the bathroom for at least 30 days after discharge. After 30 days, please wear gloves</li> <li>• Dusting/Vacuuming: Do not dust or vacuum for 30 days</li> <li>• Food preparation: No raw food prep without gloves for at least 30 days</li> <li>• Dishwashing/Loading Dishwasher: Wear rubber gloves for at least 30 days</li> </ul>
<p>Outdoor Activities</p> 	<ul style="list-style-type: none"> <li>• Apply SPF 30 sunscreen at least every 30 minutes if outdoors – you can get a sunburn even if it is cloudy</li> <li>• Always wear a hat to protect your head</li> <li>• 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)</li> <li>• 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</li> <li>• Polarizing filter in sunglasses makes it easier to see and be comfortable without the blinding glare</li> <li>• Wear clothing that covers your skin as much as possible</li> </ul>

<p>Gardening, Lawn Care, &amp; Chopping Wood</p> 	<ul style="list-style-type: none"> <li>• No digging in the dirt for at least 3 months</li> <li>• No lawn mowing or gardening for at least 3 months</li> <li>• Do not chop wood for at least 3 months</li> </ul>
<p>Shop Work, Metal Work, Carpentry, &amp; Power Tools</p> 	<ul style="list-style-type: none"> <li>• Safety equipment must be worn</li> <li>• Do not do any shop work, metal, or carpentry work for at least 3 months</li> <li>• 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 3 months</li> <li>• Power tools can be dangerous</li> </ul>
<p>Farm Equipment</p> 	<p>Do not use farm equipment for at least 3 months</p>
<p>Camping</p> 	<ul style="list-style-type: none"> <li>• No camping for up to 3 months</li> <li>• When you can camp again, the tent or camper must be cleaned, and all mold removed</li> <li>• Avoid outdoor fireplaces or fire pits for at least 3 months</li> </ul>
<p>Fishing &amp; Hunting</p> 	<ul style="list-style-type: none"> <li>• When boating, you should be close enough to shore to receive care within 30 minutes for at least 3 months after stem cell transplant</li> <li>• Do not gut or clean animals, bait hooks, or clean fish for at least 3 months</li> <li>• No hunting for at least 3 months. This can be strenuous and should be discussed with your physician and physical therapist before you go</li> <li>• Personal use of hunting equipment such as firearms and bows must have prior approval from physician and physical therapist</li> </ul>
<p>Recreational Activities</p> 	<p><b>All safety gear must be approved by the <a href="https://www.cpsc.gov/en/Safety-Education/Safety-Guides">Consumer Product Safety Commission</a> and used when engaging in appropriate activities.</b> Examples include: helmet, gloves, respiratory mask, footwear, and clothing</p> <p><a href="https://www.cpsc.gov/en/Safety-Education/Safety-Guides">www.cpsc.gov/en/Safety-Education/Safety-Guides</a></p> <ul style="list-style-type: none"> <li>• Avoid the following activities for at least 100 days after stem cell transplant: ATVs, biking, contact sports, motorcycles, rollerblading, skateboarding, skiing, snowmobiling, and surfing</li> <li>• Before taking part in any contact sports, please discuss it with your clinical team</li> </ul>

Swimming 	<ul style="list-style-type: none"> <li>• Do not swim with any central venous line, including a PICC line. Please discuss any water related activities with your clinical team</li> <li>• Do not swim in natural bodies of water for at least 3 months after stem cell transplant</li> <li>• If you swim in a public pool, try to swim in the morning. The pool should be treated overnight to decrease the risk of infection</li> <li>• No hot tub for at least 3 months</li> <li>• OK to use your own pool, but make sure it is cleaned properly</li> </ul>
Gym 	<ul style="list-style-type: none"> <li>• Visit the gym when it is least crowded</li> <li>• Seek guidance from your physical therapist</li> <li>• 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</li> <li>• A gentle workout is OK when your platelets are above 20 thousand (20,000)</li> <li>• A high impact workout is OK when platelets are above 50 thousand (50,000)</li> </ul>