

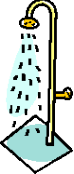










Adult **Cellular Therapy** Discharge Instructions for Transplant and Cellular Therapy (TCT) - Precautions to Keep Patients Safe





Medication Safety





- Always take medications exactly as prescribed.
- Pay close attention to how much of each medication you should take.
- 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>716-845-1444</p>	<p>Call us if you have:</p> <ul style="list-style-type: none"> • Trouble breathing, shortness of breath • Confusion – others say you are not making sense or “just not right” • Fever of 100.4°F/38°C or higher or fever with cold, chills, or headache • Flu-like symptoms • Blood pressure with systolic (top number) that is less than 95 or greater than 150; or a diastolic (bottom number) greater than 90 • Heart rate less than 55 or greater than 120 • Coordination changes (dropping things), tremors, dizziness • Difficulty speaking, unable to think of words or communicate well, slurred speech • Memory or concentration problems • Fallen or difficulty walking • Pain not controlled with medication • Nausea, vomiting, diarrhea, anorexia (loss of appetite) • 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 approximately 4 weeks after cellular therapy • 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>




<p>Personal Hygiene</p> 	<ul style="list-style-type: none"> • Shower or bathe every day • Change your clothes every day • No piercings and no tattoos for at least 100 days
<p>Driving</p> 	<ul style="list-style-type: none"> • No driving for up to 8 weeks following your cellular infusion – need a Roswell Park 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 Low Microbial Diet booklet for approximately 4 weeks after cellular infusion • Game meat should be well cooked • Commercial packaged deli meat (cold cuts) are ok, deli meat from the butcher should be cooked • 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 approximately 4 weeks after cellular infusion (can cause bone marrow or liver damage). Check with the 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 for approximately 4 weeks after cellular infusion • 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
<p>Being Alone</p> 	<ul style="list-style-type: none"> • A caregiver MUST be present 24 hours daily for approximately 4 weeks after cellular infusion; this may be approximately for 2 weeks after discharge.
<p>Pets/Animals</p> 	<p>For approximately 4 weeks after cellular therapy infusion</p> <ul style="list-style-type: none"> • No new pets • No aquarium cleaning • No reptiles or amphibians exposure • No birds • Avoid contact with feces, saliva, urine, and solid litter box matter • No close contact with farm animals • No animals in your bed • Do not visit the zoo <p>Check with clinical team for further guidance</p>
<p>Plants</p> 	<p>For approximately 4 weeks after cellular therapy infusion</p> <ul style="list-style-type: none"> • No dried flowers • No live Christmas tree • Do not transplant houseplants • Do not dig in the dirt • Avoid going inside a greenhouse • If you have lung problems or allergies, consider removing all household plants
<p>Lodging</p> 	<ul style="list-style-type: none"> • If you live 45 minutes or more away from Roswell Park, you must have approved local lodging for approximately 4 weeks after cellular therapy infusion. This is about 2 weeks after you are discharged from the hospital.

<p>Travel</p> 	<p>NEXUS Pass</p> <ul style="list-style-type: none"> • Discuss with your Roswell Park team before making travel arrangements • Discuss travel with TCT clinicians for necessary re-immunizations/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 your Roswell Park outpatient Center • Have name and location of appropriate health care facilities at visiting location • We strongly recommend that you always carry your patient wallet card and present to health care providers and identify yourself as a cellular therapy patient
<p>School/Work</p> 	<ul style="list-style-type: none"> • For returning to work/school you must be cleared by your Roswell Park physician
<p>Intimacy</p> <p>Please discuss any 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 for approximately 4 weeks after cellular infusion • No oral sex for approximately 4 weeks after cellular infusion • 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 cellular therapy 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 www.cpsc.gov/en/Safety-Education/Safety-Guides</p>
<p>At Home</p> 	<p>All equipment for heating and air conditioning containing dust or dirt should be maintained by someone other than the patient</p> <ul style="list-style-type: none"> • Clean air ducts at least every 1 to 2 years • 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 • 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 approximately 4 weeks after cellular infusion • Wood should be stored outside of home or garage. Do not handle the wood for at least 4 weeks after cellular infusion
<p>Housework</p> 	<p>For 4 weeks after cellular infusion</p> <ul style="list-style-type: none"> • Laundry: Only handle dirty laundry when wearing rubber gloves • OK to fold clean laundry • Bathroom: Do not clean the bathroom. After 4 weeks, please wear gloves • Dusting/Vacuuming: Do not dust or vacuum • Food preparation: No raw food prep without gloves • Dishwashing/Loading Dishwasher: Wear rubber gloves
<p>Shop Work, Metal Work, Carpentry, & Power Tools</p> 	<p>For at least 90 days after cellular infusion</p> <ul style="list-style-type: none"> • Safety equipment must be worn • Do not do any shop, metal, or carpentry work • Some of the medications you are on can make you less alert or cause tremors, resulting in injury from tools and equipment. Do not use power tools • 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> 	<p>For at least 90 days after cellular infusion</p> <ul style="list-style-type: none"> • No digging in the dirt • No lawn mowing or gardening • Do not chop wood
<p>Farm Equipment</p> 	<p>Do not use farm equipment for at least 90 days after cellular infusion</p>
<p>Camping</p> 	<ul style="list-style-type: none"> • No camping for at least 90 days after cellular infusion • When you can camp again, the tent or camper must be cleaned and all mold removed • Avoid outdoor fireplaces or fire pits
<p>Fishing & Hunting</p> 	<p>For at least 90 days after cellular infusion</p> <ul style="list-style-type: none"> • When boating, stay close enough to shore to receive care within 30 minutes • Do not gut or clean animals, fish, or bait hooks • No hunting, as it can be strenuous (Talk to your physician and physical therapist before you go) • You must have approval from your Roswell Park physician and physical therapist before you can use hunting equipment such as firearms and bows

<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 90 days after cellular therapy: ATVs, biking, contact sports, motorcycles, rollerblading, skateboarding, skiing, snowmobiling, and surfing • Before taking part in any contact sports, please discuss it with your Roswell Park physician
<p>Swimming</p> 	<ul style="list-style-type: none"> • Do not swim with any central venous line in place, including PICC line. Please discuss any water-related activities* with your Roswell Park physician (*activities such as diving, surfing, and water skiing) • Do not swim in natural bodies of water for at least 90 days after your cellular therapy • 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 • No hot tub for at least 90 days after your cellular therapy • It is 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)