

## Day +1 Discharge

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At your transplant meeting it will be discussed if you will be eligible for a Day +1 discharge (able to go home the day after your transplant).

### What are the benefits of a Day + 1 Discharge?

- Return to the comfort of your own home.
- Sleep in your own bed.
- Eat your usual foods.
- Be closer to your family and friends.

### What would make you eligible you for a Day + 1 Discharge?

- Be medically cleared by your doctor.
- Have a 24 hour caregiver. This is someone or a number of people, usually family or friends, who can stay with you from the time you are sent home until your blood counts recover, which is usually about 2 to 3 weeks.
- Have someone available to drive you to your appointments during the day and after hours if necessary.
- Have access to a phone.
- Live within 45 minutes of the Juravinski Hospital.

### What is the plan for your procedure?

1. You will have your autologous transplant in the hospital as explained in your transplant meeting.
2. You will be admitted to the hospital and receive your chemotherapy and reinfusion of your stem cells in the hospital.

## **How should you prepare for your procedure?**

### **Day 0 – the day you receive your stem cells**

- You should have a light breakfast and should not have lunch to reduce possibly feeling nauseated during your reinfusion.
- You will receive intravenous fluid (IV) and will receive medications to reduce side effects of the stem cell reinfusion.
- Your frozen stem cells will be thawed at your bedside by the lab team. The cells will be drawn up into a syringe and injected into your central line catheter (a PICC line or apheresis line) by a member of the Transplant Team.
- You will be closely monitored during the reinfusion and for a period of time afterward.

## **Possible side effects of this procedure**

When you are getting your stem cells back you may feel:

- Abdominal bloating, feeling like you may throw up or have diarrhea.
- Blood pressure may go up or down during the procedure (your nurse will be monitoring it several times during the procedure).
- Strange taste in the back of your throat (you will be given sour candies to suck on during reinfusion to help reduce this taste).
- Feeling warm all over (you will be given cool cloths for your forehead to help reduce this feeling).
- Strange smell, like creamed corn or stewed tomato.

After you have received your stem cells, your urine may be red in colour and this may last for 24 hours.

The strange taste and smell may last for 24 to 48 hours after the reinfusion.

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## What to expect after your procedure?

### Day + 1 – The day after your transplant

- You will be seen by the doctor or nurse practitioner, and discharged home if medically stable.
  - You will be told by your doctor or nurse practitioner when to return to the Oncology Day Services (ODS) at the Juravinski Hospital for follow up.
  - You will need to be seen daily in ODS until recovery (usually 10 to 14 days).
  - You will be asked to keep track of how you are doing in your Patient Daily Record. The length of each visit will depend on whether you need any special tests or medications. Sometimes, patients need to be admitted back to the hospital for a few days to manage side effects.
  - You will be assessed daily by a transplant doctor or nurse practitioner for any signs of bleeding or infection.
  - Your temperature, blood pressure, heart rate and breathing will be assessed.
  - You will be weighed.
  - Your blood work will be drawn and sent to the lab for testing.
  - You will have an intravenous (IV) started to give you fluids.
  - You will be asked to show your Patient Daily Record for the transplant team to review.
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Let your doctor or nurse know if you:

- have pain
- cannot eat or drink
- see any bruising or little red spots on your body
- have blood in your stool or urine
- have a fever, chills or a cough
- have redness, tenderness or swelling around your catheter site

Depending on your tests and how you are feeling, you may need:

- a transfusion of red cells or platelets
- extra intravenous (IV) fluid to prevent dehydration
- other tests such as a chest x-ray or ultrasound
- intravenous (IV) antibiotics (medications to fight infection)
- if you have a fever and do not feel well, you may need to be admitted and stay at the hospital

## **What should you bring to your daily visits in ODS?**

- Your health card (you need to register at Patient Registration on the main floor by the main doors of the hospital).
  - Your Patient Daily Record.
  - Your medications, including non-prescription ones (it is especially important that you bring any narcotics or insulin medications that you may need).
  - Starting on Day + 5, your neupogen injections.  
(If you forget to bring these, your caregiver may be asked to return to your home to get them).
  - Lunch, snacks and drinks.
  - Something to pass the time (something to read, music to listen to).
  - Your caregiver.
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## **What should you do at home?**

- If you feel up to it, you can do many of your usual home activities, like going for walks, reading, listening to music, visiting with family and friends (people with colds should not visit until your blood counts have recovered)
- Some days you may feel tired and just want to rest. This is normal and expected.
- Take your medications. You will be given instructions for how to take them.
- Fill out your Patient Daily Record and bring it with you to your daily visits.
- Your caregiver(s) can help you with anything you may need.

## **What should you do if you have any questions or problems while at home?**

Contact your Transplant Team.

Urgent problems: Monday to Friday, from 9:00 a.m. to 5:00 p.m.

If you have an urgent problem and need to speak with your doctor or nurse practitioner.

- Call the Hematology Department at the Juravinski Cancer Centre at 905-387-9495.
  - Choose option: “If you need to speak with your health care team, press 2”
  - Then choose “For hematology patients, press 1”

Please identify that you had an autologous stem cell transplant and have your JCC chart number ready if available.

Describe your problem to the secretary and your call will be directed to the appropriate person.

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Urgent problems are considered to be any change in condition such as:

- fever of 38.0°C or higher
- severe nausea or vomiting
- chills
- difficulty breathing
- bleeding
- pain
- diarrhea
- skin rash

**Urgent problems after hours:**

- Call 905-387-9495. After hours, you will be directed to Passwoprdr Paging.
- Ask for the Hematologist on-call at the Juravinski Hospital.

**If you become very short of breath or develop severe chest pain, call 911 or go directly to the Emergency Department.**

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