



Outpatient Autologous Transplant

You must:

- Be medically cleared by your physician.
- Have a 24 hour caregiver. This is a person or a number of people, usually family or friends, who can stay with you from the time you get your chemotherapy until your blood counts recover, which is approximately 2 to 3 weeks.
- Have someone available to drive you to your daily appointments and after hours if necessary.
- Have access to a telephone.
- Live within 45 minutes of the Juravinski Hospital and Cancer Centre.

What to expect during your transplant

Your transplant will take place in Oncology Day Services, which is located on the 4th floor of the Juravinski Hospital and Cancer Centre.

You will be required to come to Oncology Day Services every day for approximately 2-3 weeks.



Before each of your daily visits to the Oncology Day Services you must first check in at Patient Registration, which is located on the 1st floor of the Juravinski Hospital, at the front entrance.

Patient Registration will register you for the visit and give you information to bring to Oncology Day Services.

Your visits in Oncology Day Services may be a couple of hours or you may need to be there all day.



Important
Information

Remember to bring ALL of your medications with you to every appointment, as well as your lunch, snack, something to read, or your iPod to listen to music.

Getting high-dose chemotherapy

You will come to Oncology Day Services, Ward B4 of the Juravinski Hospital over 1 or 2 days to get your high-dose chemotherapy for the stem cell transplant. Remember to bring all of your medications with you to the appointment.

This visit will be long, so remember to bring your lunch, snacks, something to read or your iPod to listen to music.



When you arrive at Oncology Day Services for your high-dose chemotherapy, you will:

- Meet with a nurse practitioner or physician to review your medications.
- You may have an x-ray or ECG test.
- Have blood taken for you for testing.
- Receive intravenous (IV) fluids for a few hours, be told when to take medications to prevent nausea (feeling of having to throw up) and vomiting.
- Received your chemotherapy through the intravenous (IV). You will be asked to suck on ice chips before, during and after your Melphalan chemotherapy. This will help prevent mouth sores.
- After the chemotherapy you will receive more intravenous (IV) fluid.



The Transplant Team will check on you to see how you are doing and let you know when you can go home.

You will be given instructions about medication to take if you are feeling nausea.

Keep these medications handy. Some of these medications may make you feel tired, so plan to rest and relax for the rest of the day.



These are the possible side effects that you may experience from the chemotherapy:

Short-term side effects of chemotherapy (1 to 2 weeks after)

- Low white blood cell count which increases your risk of infection. Signs of infection are: chills and fever (temperature of 38°C or higher).
- Low platelet count which can increase your risk of bleeding. You will be given a platelet transfusion if needed.
- Low hemoglobin (red blood cell count), which can make you feel more tired than usual or short of breath. You will be given a red blood cell transfusion if needed.
- Nausea and vomiting.
- Hair loss.
- Loss of appetite.
- Mouth sores that can make it difficult to eat or drink.
- Diarrhea.

Later side effects of chemotherapy (may last longer than 2 weeks)

- Fatigue or feeling tired.
- Shortness of breath when you do physical activity such as walking. This will gradually get better over time.
- Loss of taste for food.
- Nausea.
- Diarrhea.

Long term side effects of chemotherapy (can last as long as 6 months after)

- Fatigue or feeling tired.
- Changes in your ability to concentrate and short term memory problems (also called “chemo brain”).
- Infertility (not being able to have children). However, never assume you are infertile. It is important to avoid pregnancy during any chemotherapy treatment. If you are considering having children, discuss the timing with your doctor.

See the “Information for patients and families about Autologous Peripheral Stem Cell Transplant” booklet for information about how to manage these side effects.

Follow-up Visit After Chemotherapy (before transplant)

You will come to Oncology Day Services for 1 to 2 days after your chemotherapy to receive more intravenous (IV) fluid and have blood taken for testing.

You will be assessed for possible side effects of chemotherapy.

The Transplant Team will provide you with instructions about how to take your medications in preparation for the reinfusion of your stem cells the next day.



Day 0 Visit – Reinfusion of your stem cells

Two to three days after you get your high-dose chemotherapy, you will get your stem cells back. This allows time for your body to flush out the chemotherapy before your stem cells enter your body.

You will come to the Oncology Day Services at your appointment time and you will be there for the full day. You should only have a light breakfast today.

When you arrive at Oncology Day Services on **Day 0**:

- You will be assessed by the Transplant Team and blood will be taken from you for testing.
- You will start intravenous fluid (IV) and you will be given medications to reduce side effects of the stem cell reinfusion.
- Your frozen stem cells will be thawed at your bedside, they will be drawn up into a syringe and injected into your central venous catheter (PICC line or pheresis catheter) by a member of the Transplant Team.
- You will be monitored closely during the reinfusion and afterwards for a period of time.



- When you are getting your stem cells back you may feel:
 - abdominal bloating, feeling like you may throw up or have diarrhea
 - strange taste in the back of your throat
 - warm all over
 - strange smell, like creamed corn
- After you have received your stem cells, your urine may be red. This can last up to 24 hours after the reinfusion.
- The strange taste and smell can last for 24 to 48 hours after the reinfusion.

Once the stem cells have been returned to your blood stream, they begin to move back into your bone marrow where they will start to grow into new blood cells. These new blood cells will help your bone marrow replace the ones destroyed by the high-dose chemotherapy.

This often takes 10 to 12 days, and sometimes longer.



Day +1 until recovery (10 to 14 days)

On the days following your stem cell reinfusion you will need to be seen daily in Oncology Day Services. You will be asked to keep track of how you are doing in your Patient Daily Record. The length of each daily visit will be different, depending on whether you need any special tests or medications. You may be required to stay for only a couple of hours, or all day.

- You will be assessed for any signs of bleeding, bruising 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 start intravenous fluid (IV).
 - You will be asked to show your Patient Daily Record for the Transplant Team to review.
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- Let your 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 cough
 - have redness, tenderness or swelling round your catheter site

- Depending on your tests and how you are feeling, you may need:
 - a transfusion of red cells or platelets
 - intravenous (IV) antibiotics (medication to fight infection)
 - extra intravenous (IV) fluid to prevent dehydration
 - other tests such as a chest x-ray or ultrasound

Things to bring to your daily visits in Oncology Day Services on Day +1 to Day +14:

- Your health card.
- Your Patient Daily Record.
- All your medications, including non-prescription ones.
- Your Neupogen injections.
(If you forget to bring these, your caregiver may be asked to return to your home to get them).
- Your caregiver.
- Lunch, snacks and drinks.
- Something to pass the time (something to read, music to listen to).



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. On some days you may feel tired or have other side effects from the chemotherapy and want to rest in bed. 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 remember to bring it with you to your daily visits.
- Your caregiver can help you prepare meals, keep track of how much you are eating and drinking, take your temperature, and anything else you may need help with.

What should you do if you have any problems or questions while at home:

During the day
(9:00 am to 5:00 pm, Monday to Friday)

Call:

During the night
(5:00 pm to 9:00 am, Monday to Friday)
or any time on the weekend or holidays

Call:

Go to the Emergency Department if you have:

- **severe shortness of breath that starts suddenly**
- **severe chest pain**

What to expect during your post-transplant clinic visits

After your blood counts have recovered and you do not need to be seen daily in Oncology Day Services, you will be seen by your primary physician in the Juravinski Cancer Centre, and you will be notified when your apheresis catheter can be removed.