Discharge Instructions and Immune Precautions: Autologous Blood and Marrow Stem Cell Transplant

General Guidelines

Here are special instructions on how to care for yourself after transplant. Your immune system is weak after this treatment, so your risk of infection is greater. Begin using these guidelines when you are discharged from the hospital. You should follow these guidelines for about 2 months after transplant. You may be asked to live in an apartment or other lodging that is close to the hospital during this time. Your BMT doctor or nurse will tell you when you can discontinue some of these immune precautions.

Skin Care and Hygiene

- Apply a hypoallergenic lotion twice a day.
- Keep your skin clean. Taking a daily shower can help reduce the risk of infection.
- Keep your hands clean. Wash your hands frequently, especially after using the bathroom.
- Wash your hands before taking care of your central venous catheter.
- It is also very important for your caregivers and visitors to wash their hands.
- Use hypoallergenic sunscreen with a SPF of 15 or greater.
- Avoid direct sun exposure on your skin.
- Wear a head covering such as a wig, scarf, or cap, when you are outside.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

• Check with your nurse or doctor before kissing or having sexual intercourse.
• There are no precautions when doing laundry.
• Check with your nurse or doctor before using make-up, nail polish, hair color, hair permanent, contact lenses, tampons, and douches.
• Use an electric razor for shaving.

Pets and Animals
• Do not let animals near your face.
• If you do have contact with animals, wash your hands after touching them.
• Avoid contact with pet urine and feces.
• Avoid cleaning litter boxes, cages, or aquariums.

Environmental
• Keep your home clean. Floors, carpets, furniture, counter tops, bathrooms should be cleaned thoroughly.
• Avoid air duct cleaning.
• Wash your hands after handling trash.
• Do not use tobacco products such as cigarettes, cigars, pipes and chew. Avoid being around second hand smoke.
• Avoid yard work such as gardening, mowing the lawn, or raking leaves.
• Avoid handling cut flowers or potted plants.
• Avoid working on cars or machinery.
• Avoid contact with chemicals and fumes from fuel or gasoline. You should not pump gas into your car. Avoid fuel oil, paints, pesticides, herbicides, and fertilizers.
• Avoid remodeling, painting or construction where you live.
• Avoid use of portable humidifiers or vaporizers.
• Put on a duck-bill mask when you enter the hospital. You may remove the mask after you are taken to a clinic room. Wear this mask in construction areas, crowds of people or outdoors when it is windy. Always wear the mask if you are around someone who is sick.
**Nutrition**

- Drink 8 glasses (8 oz. each) of liquids a day. Drinks without caffeine are best.

- When you leave the hospital, you will be on a **regular diet**. This means you no longer need to follow the immunocompromised diet you were on while in the hospital.

- City water is okay to drink. If you have well water you need to continue to drink bottled water, until your doctor tells you it is okay to drink well water.

- Follow these food safety guidelines when eating:
  - No raw or undercooked meats, including sushi.
  - Ground beef must be cooked brown the whole way through, no pink. If you are eating steak it should be well or medium-well.
  - All eggs must have the yolk cooked hard, unless you are using the Davidson’s Pasteurized Eggs.
  - All dairy, juice and honey must be pasteurized.
  - Vegetable sprouts, and foods from salad bars and buffets are high risk foods. These foods should be eaten with caution until your counts are back to normal and you are off immunosuppression drugs.

If your doctor has you on a restricted diet for another medical condition, like diabetes or dialysis, please follow those guidelines.

**Recreation and Work**

- Increase your activity gradually.

- Begin light exercise such as walking.

- Get plenty of rest and take breaks between activities.

- Check with your doctor before driving a car. Allow someone else to drive.

- Do not swim until the central venous catheters have been removed.

- Try to go to public places such as stores, malls, movies, and restaurants during less crowded times.

- Inform your employer or school that you may be away for several months.
- Check with your doctor or nurse to estimate when you may return to work or school.
- Do not ride bicycles or motorcycles.

### Contact with Family, Children, and Friends
- Avoid contact with people who have colds, flu, or contagious illness such as measles, chicken pox, herpes, viruses, colds, pink eye, coughs, and sore throat.

### Medicines, Drugs, and Alcohol
- Take your medicines as prescribed by your doctor. Tell your doctor or nurse if you are not able to take your medicines due to nausea or vomiting.
- Do not take medicines that are not prescribed by your doctor including over the counter drugs or remedies. Examples: aspirin, laxatives, herbals or supplements.
- Use your medicine sheet to check-off when you take your medicine. Make sure changes made in medicines are written on the medicine sheet.
- Bring all your medicine containers or bottles to your first clinic visit. These will be checked to be sure the bottles match the medicine sheet.
- Bring your medicine sheet and all the medicines you may need for the entire day to each clinic visit. You may be at the clinic for 2 to 8 hours depending on what tests and treatment you need that day.
- Ask questions about any of your medicines and report side effects.
- Do not drink any alcoholic beverages such as wine, beer or mixed drinks.