Caregiver’s Role after Your Blood or Stem Cell Transplant

You will need a caregiver when you are discharged from the hospital after your transplant. Your caregiver will need to help you care for yourself and help with daily activities.

Who Are Caregivers?

Most patients ask adult family members or friends to be their caregivers after a transplant. Your caregivers may need to be away from their job or family responsibilities to stay with you. It is best to have more than one caregiver, try to plan for 2 to 3 people to be available. This makes it possible for caregivers to switch off or take turns when needed.

Your caregivers must learn about your immune precautions, diet, central venous catheter (CVC) care and medicines before discharge. Your nurse will plan time for discharge teaching with you and your caregivers during your hospital stay.

The Role of the Caregiver

Your caregiver will need to:

- Stay with you after your transplant (your caregiver should only leave for necessary errands).
- Assist you with taking your medicine.
- Assist with the care of your central venous catheter (CVC), if needed.
- Watch for signs and symptoms of common problems.
- Help with communication between you and your health care team.

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

• Come with you to your outpatient appointments.
• Help with shopping and meal preparation.
• Do most of the household chores.
• Contact your doctor if they are ill or have been exposed to a contagious illness. Your doctor will tell them if it is okay to care for you and if they need to follow any special precautions.

Please contact your health care team if you have questions or need more information.