Caregiver’s Role After Your Blood and Marrow Transplant

You will need a caregiver when you leave the hospital after your transplant. Your caregiver will need to help you with your care and with daily activities.

Who Are Caregivers?

It is most common to have adult family members or friends as caregivers after your 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. You should plan to have 2 to 3 caregivers available. This lets your caregivers switch off or take turns when needed.

Your caregivers must learn about your immune precautions, diet, central venous catheter (CVC) care and medicines before you leave the hospital. Your nurse will talk with you and your caregivers about the care you will need at home.

The Role of the Caregiver

Your caregiver will need to:

- Stay with you after your transplant (your caregiver should only leave for necessary errands).
- Help you take your medicine.
- Help with the care of your central venous catheter (CVC), if needed.
- Watch for signs and symptoms of common problems.
- Help you talk with your health care team.
- Come with you to your follow-up appointments.

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

• Help you shop and prepare meals.
• Do most of the household chores.
• Call 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.

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