CAR T cell therapy can have serious side effects. These can appear days or weeks after you leave the hospital. Your transplant team will watch for them. It’s important that you and your caregivers know the signs of these side effects. Treating the side effects early can help you recover.

Cytokine Release Syndrome
Cytokine release syndrome (CRS) is the most common side effect of CAR T therapy. It can happen 1 day to 30 days after your CAR T infusion. CRS may go away quickly or last weeks. You may need to stay in the hospital.

Infections
Severe or life-threatening infections can happen after CAR T cell therapy.

Mental Changes
CAR T cells can cause temporary changes in your brain. These changes can make you feel and act differently. This can happen days to weeks after your infusion. The changes may last for days or weeks. They usually go away on their own with no long-term problems. Your transplant team may give you medicine to help.

Graft-versus-Host Disease
If you had an allogeneic stem cell transplant and get CAR T cells from a donor, you have a risk to get graft-versus-host disease (GVHD). GVHD can affect your skin, liver, and gastrointestinal (GI) tract. Signs of GVHD can appear days, months or years after your CAR T cell therapy.

What problems should I watch for?
The people closest to you are often the first to notice any changes. It is important to call your care team right away if you have any of the signs below.

You may have different side effects than those listed below. Talk to your care team right away if you have questions or concerns.

Signs of CRS or Infection
- Bleeding
- Body aches, chills, or shivering
- Fever of 100.4°F or greater
- Rash
- Fast or irregular heartbeat
- Sore throat or coughing
- Nausea, vomiting, or diarrhea
- Pain when urinating
- Hard time breathing
- Dizziness
- Red or swollen place on the body

Signs of Mental Changes
- Anxiety
- Confusion
- Hard time sleeping
- Hard time speaking
- Feeling very tired or weak
- Dizziness
- Hallucinations
- Headache
- Seizures
- Uncontrollable shaking

Signs of GVHD
- Rash
- Diarrhea
- Yelllowing of skin or eyes

To watch for signs of mental changes, write your name and birthdate in the form on the next page once a day. Call your care team right away if you have trouble with this task.

If you have any of the signs listed here or if you have any concerns, call your care team right away.

Monday–Friday, 7 a.m.–5 p.m.
Nurse line: 801-587-4686
BMT/Hematology Clinic: 801-585-2626

Monday–Friday after 5 p.m., weekends, and holidays
Call the hospital operator: 801-587-7000
Ask for the BMT doctor.

If you visit any doctor or go to the emergency room within 90 days of your treatment, be sure to tell them you recently had CAR T cell therapy. Show them your CAR T cell therapy wallet card. Ask them to call your BMT doctor.

continued on page 2
Signature Assessment

Changes in your handwriting can be a sign of mental changes caused by CAR T treatment. Once each day, please write the date, sign your name, and enter your birth date in the form below.

If you or your caregiver see changes in your handwriting, call your care team right away. Please bring this form to every BMT clinic visit.

Example of change in handwriting. Top: normal signature. Bottom: signature showing signs of mental change.

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<th>Your Signature</th>
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