

Agreement to Abstain from Harmful Substances

Utah Blood and Marrow Transplant Program

Patient: _____ MRN: _____ BMT Provider: _____

Using alcohol and other substances can lower your chances of a successful transplant. They can affect your overall health. The Utah Blood and Marrow Transplant Program expects you not to use these substances:

Alcohol: any type or amount

Tobacco: any type or amount, including cigarettes, e-cigarettes, cigars, chewing tobacco

Marijuana: any inhaled form

Illicit or prohibited drugs such as meth, cocaine, heroin, PCP, and ecstasy

I agree to:

- Accept drug screening by my transplant team.
- Allow my primary doctor to order drug screenings and share the results with the transplant team.
- Attend all classes recommended by my transplant team to help me quit any of these substances.
- Not smoke or vape anything.
- Talk to my doctor before taking any marijuana before, during or after my transplant. This includes all forms including edible and topical.

We will test you for drugs as you prepare for transplant at your pre-transplant workup, about two weeks before transplant. We may delay or deny your transplant if we find you are using any of these substances going forward.

I understand resources for substance use are available upon request. I agree to stop using all banned and illicit substances immediately.

I have read and agree to follow the requirements.

Patient Signature: _____ Date: _____

Patient and Family Support Signature: _____ Date: _____