

Autologous Transplant Checklist

Utah Blood and Marrow Transplant Program

Before you start autologous stem cell transplant, you must complete all the items on this list. You must follow all the requirements—before, during, and after treatment. Your treatment may be delayed if you do not follow these.

- Caregiver.** You must name a main caregiver and a backup. They both need to be
 - At least 18 years of age
 - Available 24 hours a day
 - Living with you
 - **If you stay in the hospital:** From the time you leave the hospital until at least 30 days after your transplant (Day 0). The time may be longer. Your care team will let you know.
 - **If you do not stay in the hospital:** For at least 30 days after your transplant (Day 0). The time may be longer. Your care team will let you know.
 - Able to attend all your medical appointments
 - Lodging.** You need to live close to Huntsman Cancer Institute for at least 30 days after your transplant (Day 0). The time may be longer. Your care team will let you know.
 - **If you stay in the hospital:** You must live within 40 miles, or a 60-minute drive, of the hospital.
 - **If you do not stay in the hospital:** You must live within 20 miles, or a 30-minute drive, of the hospital.
- If your home is farther away, you and your caregiver must stay in temporary housing. Your social worker can help you find housing options.
- Restrictions.** You must not drive until your BMT doctor says it is OK. Your caregiver must take care of all your transportation.

- Transplant Education.**
 - **For all patients:** You and your caregiver must attend a class before treatment begins. The class covers information you need to get ready for treatment. Your transplant coordinator will schedule the class.
 - **For patients who stay in the hospital:** Before you leave the hospital, your care team will give you instructions about home care after your treatment.
 - Dentist Visit.** Before treatment begins, you must see a dentist to check that your teeth are in good shape. The dentist must sign a clearance form. Your transplant coordinator will give you the details.
 - Preparing Your Home.** You and your caregiver need to do these things to get ready for your return home after the transplant:
 - Arrange child care, as needed
 - Arrange pet care, as needed
 - Clean carpets
 - Change furnace and air conditioner filters
 - Clean bathrooms with disinfectant
 - Wipe all doorknobs and light switches with disinfectant
- You can find detailed instructions in your patient education binder.
- Treatment Plan.** You need to follow the plan your medical team recommends—before, during, and after transplant. You must come to all appointments. You must take all medicines as prescribed.

Mental Health. Some patients feel depressed during treatment. Anxiety and coping concerns are common. Our Patient and Family Support social workers will help you and your caregivers throughout treatment. You may also get help from our Supportive Oncology and Survivorship team.

Alcohol, Tobacco and Drug Use. Before treatment begins, you must stop use of these substances:

- Alcohol
- Tobacco
- Illegal drugs, including marijuana

You must not use them during or after treatment. If necessary, your treatment plan may include drug testing. You will sign a detailed contract agreeing to this.

I have reviewed these requirements for autologous stem cell transplant with my social worker.

Patient Signature _____ Date _____