



CAR T Cell Therapy Patient Checklist

Utah Blood and Marrow Transplant Program

Before you start CAR T treatment, 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 complete these.

- Caregiver.** You must name a main caregiver and a backup caregiver. They both need to
 - Be at least 18 years of age
 - Be available 24 hours a day
 - Live with you for at least 30 days after your CAR T cell infusion date (The time may be longer. Your care team will let you know.)
 - Be able to attend all your medical appointments
- Lodging.** You need to live close to Huntsman Cancer Institute hospital for at least 30 days after your CAR T cell infusion. The time may be longer. Your care team will let you know.
 - **If you stay in the hospital for treatment:** You must live within 40 miles, or a 60-minute drive, of the hospital.
 - **If you do not stay in the hospital for treatment:** 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 find options.
- Restrictions.** You must not do these things for at least 8 weeks after your CAR T cell infusion:
 - Drive
 - Do other potentially dangerous activities such as operating machineryTalk with your care team about when it will be OK for you to do these things again.
- CAR T Cell Therapy 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 CAR T cell 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 CAR T cell therapy treatment.
- Dentist Visit.** Before treatment, you must see a dentist to check that your teeth are in good shape. The dentist must sign a clearance form. Your CAR T cell coordinator will give you details.
- Patient Wallet Card.** We will give you a wallet card that shows you are a CAR T cell patient. You need to keep it with you all the time. The card has information that your other health care or emergency care providers need.
- Treatment Plan.** You need to follow the plan your medical team recommends—before, during, and after treatment. 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, and 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 CAR T cell therapy with my social worker.

Patient Signature _____

Date _____

