

## Extracorporeal Photopheresis (ECP)

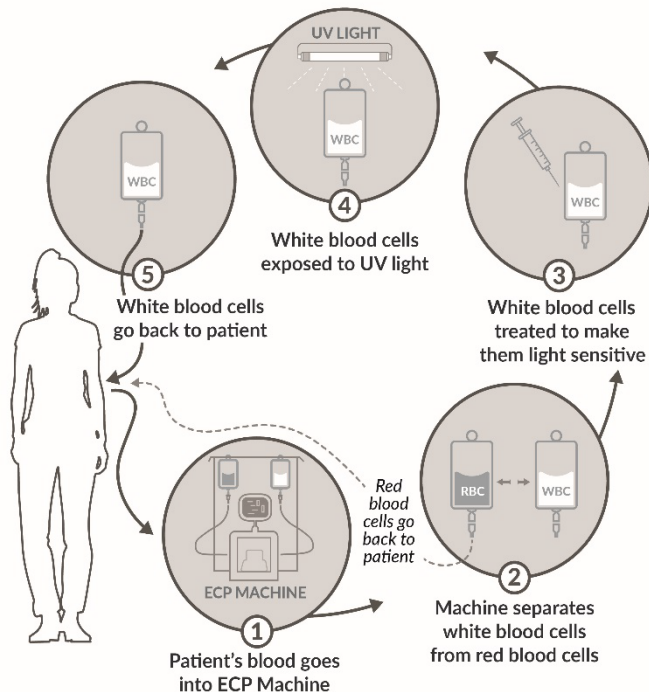
Extracorporeal photopheresis (ECP) can be used to treat T-cell lymphoma, graft-versus-host disease (GVHD), and some other conditions.

ECP is a standard treatment for GVHD that has not gotten better with steroids.

### What is ECP?

During ECP treatment, a health care provider takes blood from a vein in your arm or chest. An ECP machine separates some of your white blood cells (WBCs) from the other cells in your blood. First, these white blood cells are treated with medicine to make them sensitive to light. Next, the cells are exposed to ultraviolet (UV) light. Finally, the treated cells are put back into your vein.

Doctors and researchers don't yet know exactly how ECP treats GHVD. Some research has found changes in the blood after ECP that may help decrease swelling and inflammation.



### How should I prepare for ECP?

Try to drink plenty of fluids (at least eight glasses a day) for two days before treatment. Being well-hydrated will help your blood flow better during ECP treatment.

Starting the night before your procedure, eat low-fat meals. Avoid fried foods and desserts, but don't skip any meals. High levels of fat in your blood can make it hard for the ECP machine to separate your blood cells.

Please arrive on time for your treatment. If you are late, we will need to reschedule ECP. If you must cancel your appointment, please call 801-587-4477 to reschedule.

### What should I expect during ECP treatment?

We use intravenous (IV) access to collect your blood and give it back to you after treatment. If you have small or scarred veins, you may need to get a central line (central venous catheter) before ECP treatment.

A central line is a long, thin tube that is put into the large vein in your chest. It either comes out through your skin or ends in a port just under your skin. A central line is used to give medicines, fluid, and blood.

Your care team will check your vital signs and blood counts before treatment starts. You must have enough platelets and red blood cells (RBCs) to get ECP treatment. If your platelet or red blood cell count is low, you may need blood transfusions to increase your blood counts.

These tests make sure it is safe for you to have the treatment. If it is not safe, the team may reschedule your treatment.

ECP takes up to 4 hours to complete. Most people need treatment for 2 to 3 days every week or month.

You will be in a reclining chair during ECP. You can bring a book or an electronic device with headphones for music or entertainment.

## **What are the side effects of ECP?**

Most people don't have side effects during ECP. During the procedure, you might notice symptoms similar to those you feel when donating blood. You may feel:

- Mild discomfort where the IV line is inserted
- Slight pulsing from the machine pump
- Dizzy or light-headed
- Cold or have mild chills
- Cramping or tingling
- Nausea

Some people have tiredness, mild skin redness and low-grade fevers for 1 to 2 days after ECP. Talk to your care team if these symptoms last for more than two days.

One of the medicines used in ECP treatment will make your skin and eyes very sensitive to UV light for about 24-48 hours after your procedure. Wear sunscreen or long-sleeved clothing and a hat if you need to be outside. Protect your eyes with sunglasses.