

Leaving the Hospital

Utah Blood and Marrow Transplant Program

Many people who have an autologous or allogeneic stem cell transplant will be admitted to the hospital for treatment.

The average hospital length of stay for autologous transplant is 14-30 days and for allogeneic transplant it is 20–40 days.

All through the transplant process, the transplant team prepares you to take care of yourself after you go home.

Before You Can Leave the Hospital

All of these statements must be true before you can leave the hospital:

- No fever.
- Can take and keep down oral medicines.
- Nausea, vomiting, and diarrhea are under control with medicine.
- Neutrophil count is at least 500/mm³.
- Appetite has returned*. Eat at least ⅓ of your daily calorie requirement.
- Drink at least 1 liter of fluid daily*
- Supportive home environment with a 24 hour a day caregiver for the following length of time post-transplant:
 - Autologous transplant: From the time you leave the hospital until at least 30 days after your transplant (Day 0)
 - Allogeneic transplant: From the time you leave the hospital until at least 100 days after your transplant (Day 0)
- No diagnosis of gut graft-versus-host disease (GVHD) that requires closely watching what you eat.

*These requirements may vary, depending on your weight and what your care team recommends.

When You Leave the Hospital

You must live close to the Huntsman Cancer Institute hospital for at least 30 days (autologous transplant) or 100 days (allogeneic transplant) post-transplant. If you live within 40 miles or a 60-minute drive of the hospital, you can go home. If you live farther away, you need to

stay in local lodging the time may be longer. Your transplant team will let you know.

You must come for follow-up outpatient visits at the BMT Clinic C 1–3 times a week. Some problems may require you to go to the BMT clinic more often. At these visits, the transplant team will check your health. You will have blood tests. You may get IV fluids or blood transfusions. The transplant team will adjust your medicines as needed. At these visits, your transplant team will also help you with infections or GVHD that may happen. The transplant team also works with a home health care agency that can give IV medicines and fluids if you need them between visits. Some problems may require you to go to the BMT more often. You may need to stay in the hospital again.

About 30 days (autologous transplant) or 100 days (allogeneic transplant) after you leave the hospital, you and your caregiver will meet with a BMT staff member. At this meeting you will review skills and best practices for your safety after you return home. You will also receive a survivorship care plan that includes:

- Details of your transplant therapy
- What to watch for
- Schedule for follow-up visits with your transplant doctor at the clinic

If you have been staying in temporary lodging, you can return to your home for the rest of your recovery.