

## When to Call for Help - Allogenic Transplant

Here are changes to watch for after your allogeneic transplant. Treating side effects early keeps you safe and helps you recover faster.

### The first 100 days after your transplant

Call the nurse line right away if you have any of the following symptoms:

#### Fever

- Temperature of **100.4°F (38°C)** or higher
- Chills or shaking even if you do not have a fever

#### General

- Blurry vision or other vision changes
- Difficulty emptying bladder
- Feeling dizzy or lightheaded
- Extreme fatigue or weakness
- Fast or irregular heartbeat
- New persistent cough, sneezing, runny nose, or shortness of breath
- Falling

#### Gastrointestinal problems

- Nausea or vomiting not helped by medicines
- New constipation or diarrhea

#### Skin problems

- Redness, swelling, drainage, or tenderness around the catheter
- Rash, redness, pimples, bruises, or blisters

#### Bleeding

- Blood in urine or stool
- Coughing up blood
- Bleeding gums or nose

#### Pain

- Chest pain
- Frequent or painful urination
- Rectal burning or pain

#### Mental status

- Memory loss
- Confusion
- Slurred speech
- Trouble finding words

### More than 100 days after your transplant

Call the nurse line right away if you have any of the symptoms already listed or if you develop signs of graft-versus-host disease (GVHD).

Common signs of GVHD are listed below, but there can be other symptoms. Talk with your care team about any new problems.

#### GVHD symptoms

- Rash or skin thickening
- Nausea, vomiting, or diarrhea
- Joint pain or stiffness
- Eye dryness or grittiness
- Mouth dryness or sores
- Sore throat or trouble swallowing
- Pain when eating spicy or hot food
- Shortness of breath or a dry cough

### Contact your care team

If you notice any of these signs or have other questions or concerns, call the correct phone number below.

#### Monday through Friday, 8 am to 5 pm:

- Multiple myeloma: 801-587-4687
- All other diagnoses: 801-587-4686

#### Weekdays after 5 pm, weekends and holidays:

- Call 801-587-7000 and ask for the BMT hospitalist.