



# Nutrition for Transplant and CAR T-Cell Therapy





## NUTRITION FOR TRANSPLANT AND CAR T-CELL THERAPY

# Eating well and making sure food is safe

Eating spoiled food or the wrong foods can make you sick, and eating well is important for your health. We will give you a booklet that includes tips on eating and keeping your food safe.





## NUTRITION FOR TRANSPLANT AND CAR T-CELL THERAPY

# Eating well and making sure food is safe

### When you shop for food, watch out for:

1. Food that is older than the date on the package
2. Food and drink containers that are leaking

Look for the word “pasteurized” on milk and other foods and drinks. This means the food was treated to kill bacteria.





## NUTRITION FOR TRANSPLANT AND CAR T-CELL THERAPY

# Eating well and making sure food is safe

1. Clean kitchen surfaces often while preparing food, and wash fruits and vegetables before using them.
2. Keep raw meats separate from fruits and vegetables.
3. Use separate cutting boards and dishes for meat and fish than for fruits and vegetables.





## NUTRITION FOR TRANSPLANT AND CAR T-CELL THERAPY

# Eating well and making sure food is safe

### How much and how often to eat:

Do not start a special diet, try to lose weight or worry about fat in your diet. You need to eat enough calories to keep your weight the same. If you are having a hard time eating enough food, try eating small meals 5 or 6 times a day instead of large meals three times a day.





## NUTRITION FOR TRANSPLANT AND CAR T-CELL THERAPY

# Eating well and making sure food is safe

1. Cook your food completely – do not eat food that is uncooked or partly cooked.
2. Put food in the refrigerator soon after cooking.

Please read “Preparing Food Tips” in your booklet and let us know if you have questions.





## NUTRITION FOR TRANSPLANT AND CAR T-CELL THERAPY

# How much and how often to eat

- Avoid drinks with caffeine, or have only a small amount
- No alcohol
- Get 2 liters of fluid each day. Try to include:
  - Sports drinks
  - Milkshakes or smoothies with whey protein powder or nutritional supplements for calories and protein
- Avoid rich or spicy foods



## Eating out at restaurants

- Depending on your treatment, there are different timelines for when you can have fast food, restaurant food and salad bars or buffets.
- If you have Auto transplant or CAR-T therapy, you will need to wait 30 days for fast food and restaurant food and wait 60 days for salad bars and buffets.
- If you have an Allo Transplant, you will need to wait 45 days for fast food and restaurant food and 100 days for salad bars and buffets.



## About medical marijuana

- There is little research on the risks and benefits of medical marijuana. If you have questions, talk with your doctor about using marijuana.
- You may not bring any type of marijuana to the hospital, even if your doctor says it is OK to use at home.





NUTRITION FOR TRANSPLANT AND CAR T-CELL THERAPY

## Phone numbers to remember

- Center for Hematologic Malignancies Clinic / Scheduling  
Center for Health and Healing, Building 2: **503-494-5058**
- Triage Nurse: **503-418-0669**



# Thank you!

To open a pdf of this presentation, please see  
the PDF icon on our website.





**NUTRITION FOR TRANSPLANT AND CAR T-CELL THERAPY**

# Certificate of Completion

SIGNATURE

DATE