



Transplant or CAR T-Cell Therapy – Staying in the hospital



TRANSPLANT OR CAR T-CELL THERAPY

Getting your CAR T-cell therapy

- CAR T-cell therapy is a treatment where your T-cells are taken, and then changed by adding a receptor to them.
T-cells are a type of cell in your immune system. This process of adding a receptor, then placing the changed cells back into your body will help the T-cells recognize and destroy cancer cells.
- You may have your CAR T-cell therapy in our clinic and go home afterward. Or you might need to stay in the hospital.
If so, your doctor will let you know.



TRANSPLANT OR CAR T-CELL THERAPY

Getting your Transplant therapy

- Transplant is a form of treatment where you receive high dose chemotherapy followed by either your own stem cell transplant, or a donor transplant. Patients will frequently have their transplant during a hospital admission, however, your care team will talk to you about what's best for your particular treatment plan.



TRANSPLANT OR CAR T-CELL THERAPY

What to bring to the hospital

1. Comfortable clothes
2. Shoes or slippers with non-slip soles
3. Your glasses, if you wear them
4. Personal items you would like, such as photos, music, games, books and laptop or tablet
5. Foods you would like to have in the hospital – made at home or bought at the store (no restaurant food)
6. Plus, your Transplant or CAR T-cell therapy book



TRANSPLANT OR CAR T-CELL THERAPY

What to leave at home

1. Money, credit cards, jewelry and other items that are valuable or mean a lot to you
2. Contact lenses and dental floss
3. Sharp objects
4. Personal medications, including medical marijuana
5. Pets, plants and flowers
6. You may bring food from home or packaged food from the store. Please do not bring restaurant food to the hospital.



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Information for visitors and caregivers

- You may have visitors in the hospital. No children under 12, please.
- One person over 18 may stay overnight in your room. We have a bathroom and shower for visitors. There is also a sleep room available. Since there is only one, it's possible your caregiver may need to wait if someone else is using it.
 - There may be visitation restrictions in place; please check with OHSU



TRANSPLANT OR CAR T-CELL THERAPY

The daily routine in the hospital

- Your health care team will wash their hands when they come into your room, before they touch you. It is OK to ask them to wash their hands if you do not see them do it. Sometimes your health care team will need to wear masks and gloves. If this is necessary your team will discuss this with you.



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The daily routine in the hospital

- Your nurses will meet to discuss your care plan at the beginning of each shift. You can choose to be a part of this discussion as well. Your medical team will meet with you each day to discuss your progress as well.



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The daily routine in the hospital

- Your nurse will check your heart rate, breathing, temperature and blood pressure many times each day and night. They will take a blood sample at midnight. They will also record your weight, how much you eat and how often you use the restroom.



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More hospital routines

- Please take a shower and brush your teeth each day.
Be active if your medical team tells you this is OK, such as walking around the hall.
- Your nurse will take care of your central line, if you have one.
The nurse will also check often to see if you are confused or have difficulty thinking.

Monitored labs

Blood counts

- WBCs
- RBCs
- Platelets

Transfusions may be required depending on your RBC and platelet levels.

Electrolytes

- Potassium
- Magnesium
- Phosphorus
- IV or oral replacement may be given to maintain safe levels



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Where are you in the therapy process?

- The day you get your CAR T-cells or stem cell transplant is called Day Zero.
- The days before you get your CAR T-cells are “**minus days.**” This shows they came before Day Zero, when you got the cells.



TRANSPLANT OR 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!

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TRANSPLANT OR CAR T-CELL THERAPY - HOSPITAL ADMISSION

Certificate of Completion

SIGNATURE

DATE