



# Managing symptoms and side effects after transplants



TRANSPLANT THERAPY

## How to contact us

We want you to be comfortable and confident about your care at OHSU. You can contact us at the following numbers.

- Clinic and appointments: **503-494-5058**
- Nurse advice line: **503-418-0669**

Regular hours are 8:30 a.m. – 4:30 p.m., Monday through Friday.  
After hours, on weekends and holidays, please call 503-494-8211.



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# When to call us

You or your caregiver should call if you have:

- A fever of 100.4 F or higher, chills, or “the shakes”
- Blood in your pee (urine) or poop (stool)
- Breathing problems, such as wheezing, cough or congestion
- Diarrhea – Call if you have a bowel movement more than 3 times in 24 hours, especially if you had a donor transplant.



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# When to call us

- A skin rash, especially if you had a donor transplant
- Please call if you feel confused or disoriented. For any of these signs, we will let you know if you should come to the clinic or emergency department.

A close-up photograph of a person's hands holding a white digital thermometer. The person's fingernails are painted pink. The thermometer's LCD screen displays the number '100.4'. The background is a soft, out-of-focus white, suggesting a clinical or home care setting.

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# When to check for a fever

- A fever is a body temperature of 100.4 degrees F or higher. Take your temperature 2 to 3 times each day. Also take it if you do not feel well.
- If you have minor pain or a headache, please take your temperature before taking acetaminophen (brand name Tylenol). This medicine can make it seem like you do not have a fever when you really do.



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# When to call 911

Please call 911 if you or the person you take care of has the problems below.

- Bleeding you cannot stop, or constant bleeding
- Fainting or passing out
- Choking or being unable to breathe
- Chest pain



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# When to call 911

- Any signs of a stroke. These include:
  - Face drooping on one side
  - Arm weakness
  - Difficulty speaking



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# If you need to be readmitted to the hospital

You may need to be readmitted to the hospital after you have gone home. You should know:

- This is common for people who have a transplant
- It is for your safety
- You and your caregiver did not do anything wrong
- You may go home as soon as it is safe for you





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## 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 THERAPY - MANAGING SYMPTOMS AND SIDE EFFECTS AFTER TRANSPLANTS**

Certificate of Completion

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