



Transplant or CAR T-Cell Therapy – Your care in the clinic



An aerial photograph of a two-lane asphalt road with yellow double lines, curving through a dense green forest. A dark car is visible on the road, driving away from the viewer.

## TRANSPLANT OR CAR T-CELL THERAPY

# Leaving the hospital

### Before you leave the hospital, you should:

1. Drink at least 2 liters of fluid a day.
2. Have no fevers or infections for at least 24 hours.
3. Be able to get dressed, use the bathroom and do other regular daily activities, with help from your caregiver.
4. Be able to think and understand things clearly.
5. Knowing how to take your medications and care for your central line are especially important before you go home.





## TRANSPLANT OR CAR T-CELL THERAPY

# Getting care in the clinic

- You will have your clinic care at the OHSU Center for Health & Healing, Building 2. Please wear your mask until you get to the treatment room.





## TRANSPLANT OR CAR T-CELL THERAPY

# Clinic appointments for CAR T-cell therapy

- T-cell therapy follow up is every day for the first 7 days after T-cell infusion. Then every other day for the next 7 days, and 1-2 times a week ongoing.
- Appointments may last 2 hours or the whole day. This depends on the results of your blood tests and how you are feeling on that day.





## TRANSPLANT OR CAR T-CELL THERAPY

# Clinic appointments for Transplant therapy

- If you receive an Auto Transplant, you will have follow up appointments in the clinic 2-3 times a week for approximately 2-3 weeks after you discharge from the hospital.
- If you receive a donor (ALLO) Transplant, you will have follow up appointments in the clinic 2-3 times per week for approximately 3 months after you discharge from the hospital.





## TRANSPLANT OR CAR T-CELL THERAPY

# What you and your caregiver do

- You will receive treatment, such as chemotherapy or blood products. You may also see your doctor or APP (Advanced Practice Provider).
- Your caregiver may take a break if you are at the clinic a long time. But they should be with you when you see your doctor or nurse.





## TRANSPLANT OR CAR T-CELL THERAPY

# What to bring to your appointments

- Your caregiver, if you will see your APP or doctor.
- A cooler or bag with snacks and drinks for your stay.
- Bring your daily medications with you, such as insulin or blood pressure medications.
- Something to keep you busy, such as books, music, work or games.



A photograph showing a person's hands holding a yellow pill bottle. In the background, a tablet computer displays a video call with a female doctor wearing a white lab coat and a face mask. The scene is set in a kitchen with a granite countertop and a modern faucet.

## TRANSPLANT OR CAR T-CELL THERAPY

# About your medications

- Please bring all your medications to your first clinic visit. Also bring the list of medications you were taking when you left the hospital.
- If you have questions about any medications, please bring the bottles with you.



## Central lines

- We will change the bandage on your central line each week. We can also teach your caregiver how to take care of the line, if needed.
- Please make sure the line is covered when you take a shower, so it does not get wet. If your dressing does get wet, call the triage line and we can arrange for a clinic appointment to have the dressing changed.



An aerial photograph of a lush green forest. In the center-left, there is a small, dark blue pond surrounded by dense trees. The foliage is a mix of bright green and darker green, suggesting different types of trees or perhaps the changing seasons.

## TRANSPLANT OR CAR T-CELL THERAPY

# Life at home

Here are some tips to help you avoid infections after your therapy:

- Give your home a good “spring cleaning” before getting your new T-cells.
- Use pump soap, not bar soap, to wash your hands.
- Use wipes to clean sinks and toilets, and throw the wipes away after use.



An aerial photograph of a dense forest with a small, dark pond in the center. The trees are mostly green, with some showing yellowish-green foliage, suggesting a transition in seasons. The pond is surrounded by thick vegetation.

## TRANSPLANT OR CAR T-CELL THERAPY

# Life at home

- Your caregiver or someone else should do any activities that involve contact with body fluids or dirt.
- Stay away from house plants – move them to another room or a section of your home away from you.





## TRANSPLANT OR CAR T-CELL THERAPY

# Personal care and life with pets

- Your pets do not need extra shots, but do have someone give them a bath before you come home from the hospital. Do not let your pets lick your face.
- Avoid lizards, birds, snakes, turtles, rabbits, guinea pigs, etc.
- Stay out of the sun, and use sunscreen when you go outside.
- Avoid any skin products that can cause irritation.
- You may go back to being active when you feel well enough, but please talk with your health care team first.





## TRANSPLANT OR CAR T-CELL THERAPY

# More ways to avoid infection

- Avoid crowds and public places.
- Wear your mask when you leave the house (except for walks in the neighborhood).
- Avoid areas with construction or remodeling.
- Shower every day and dry off with a clean towel.
- Wash your hands often.



## About caregivers and visitors

- If your caregiver gets sick, please call us at **503-418-0669**. We can help you stay safe while they are sick. They should tell their health care provider that they are a caregiver.
- No one who is sick or does not feel well should visit you. They can call, email, text, do a video visit or send a card.





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 - OUTPATIENT CARE**

# Certificate of Completion

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DATE