

Leaving the hospital

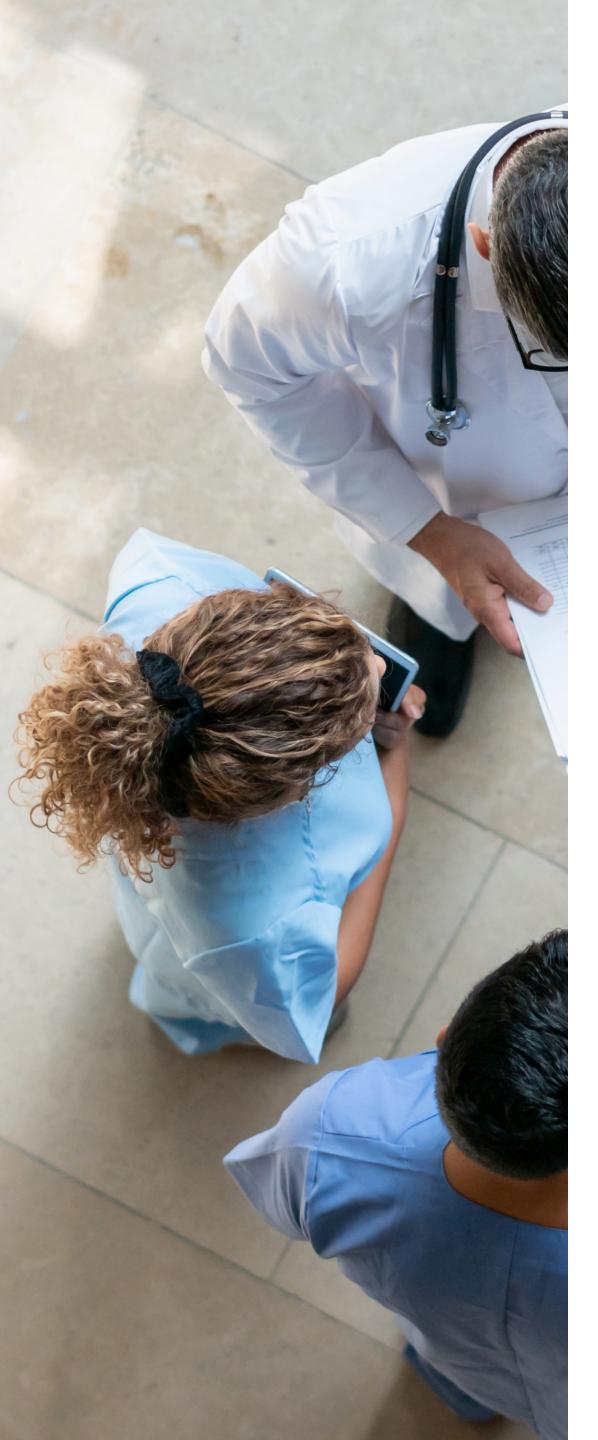
Before you leave the hospital, you should:

- 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.



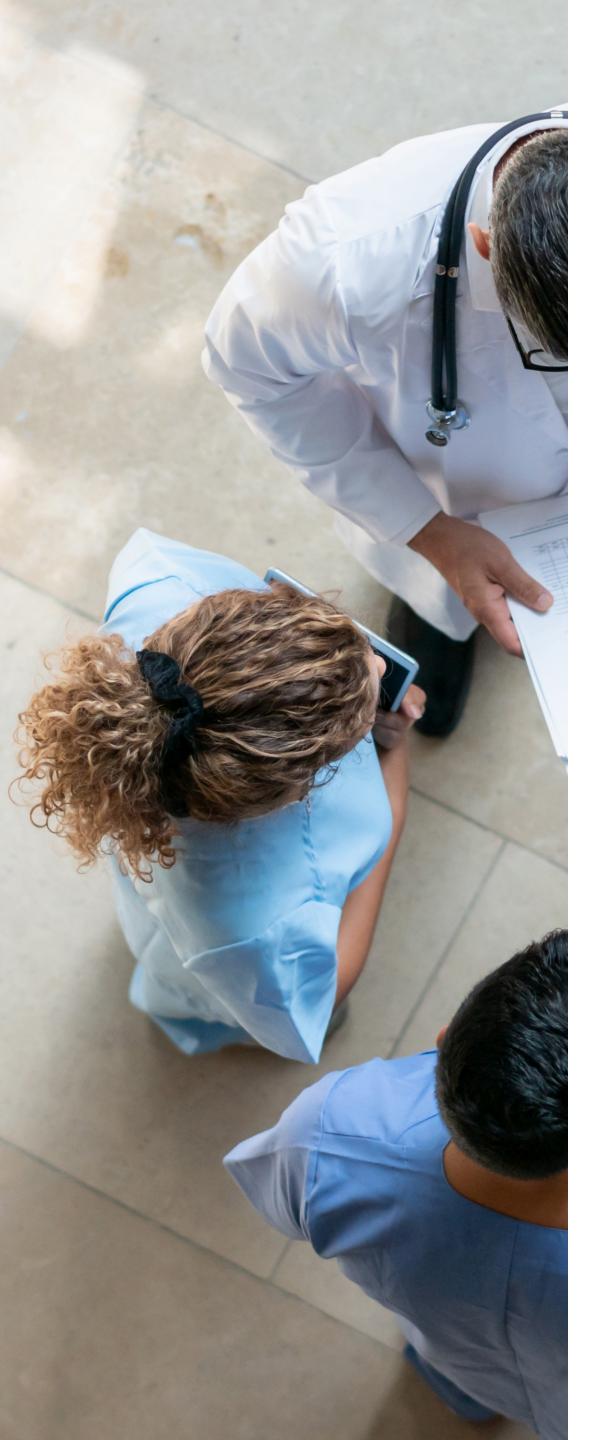
Getting care in the clinic

• 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.



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.



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.



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.



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.



About your medications

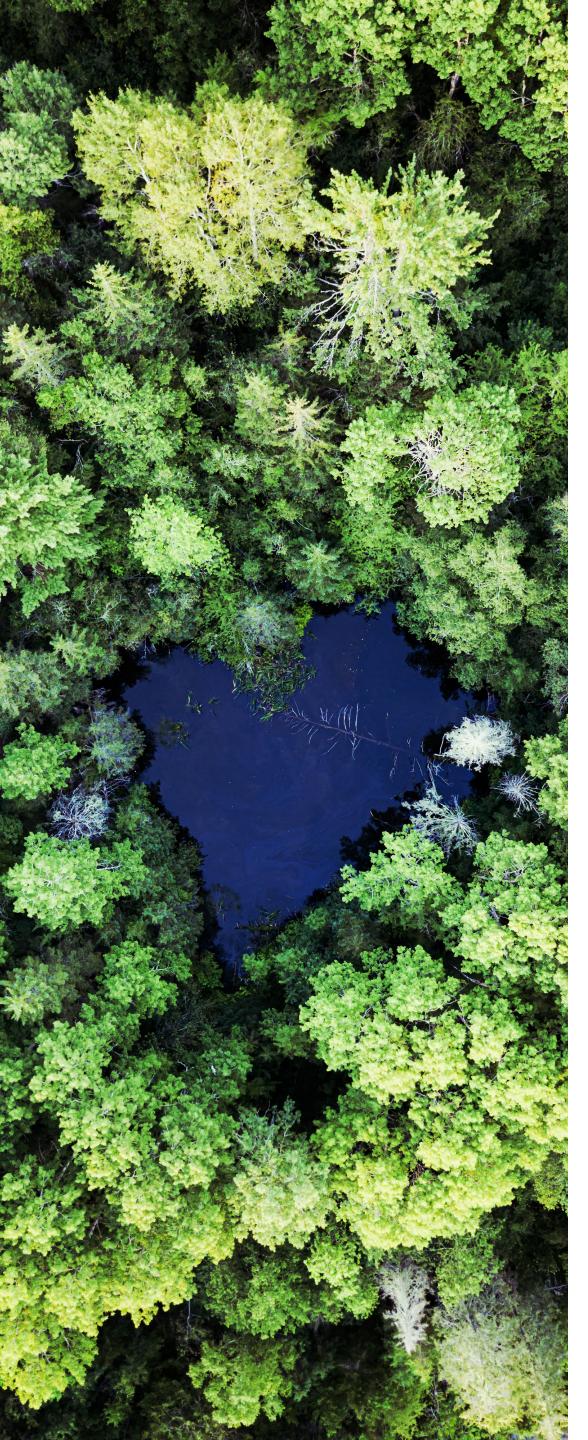
- Please bring all your medications to your first clinic visit.

 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.



Life at home

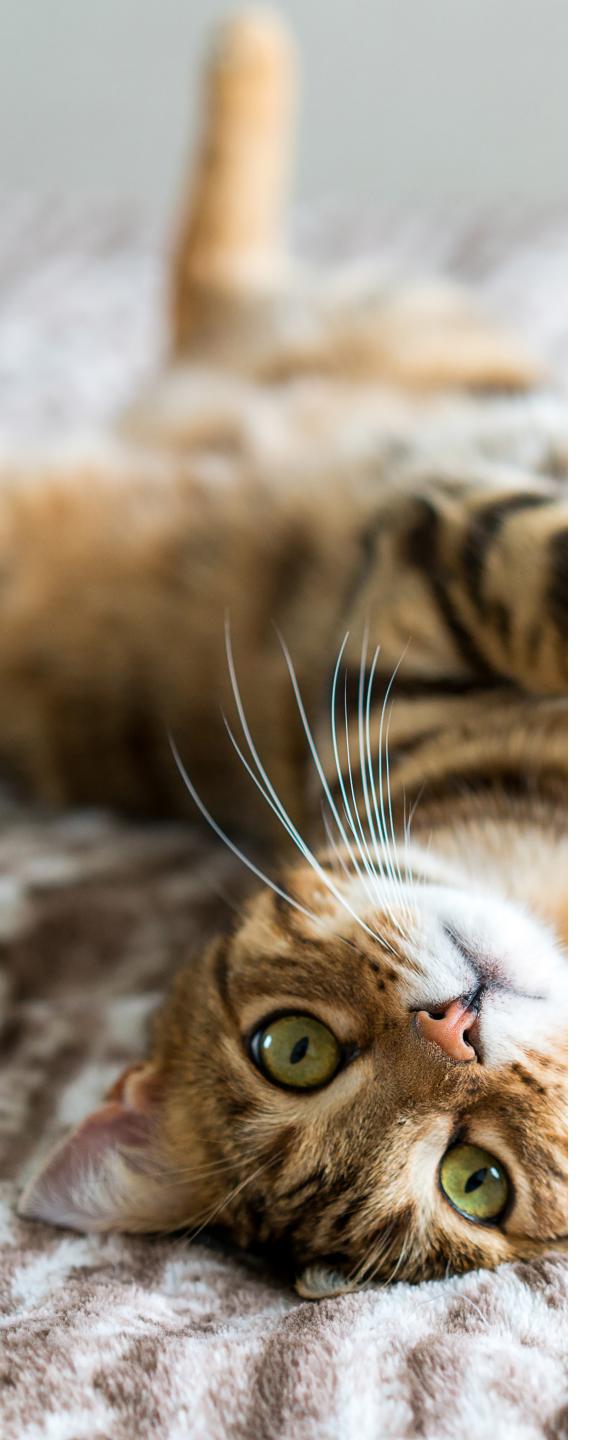
Here are some tips to help you avoid infections after your therapy:

- 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.



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.



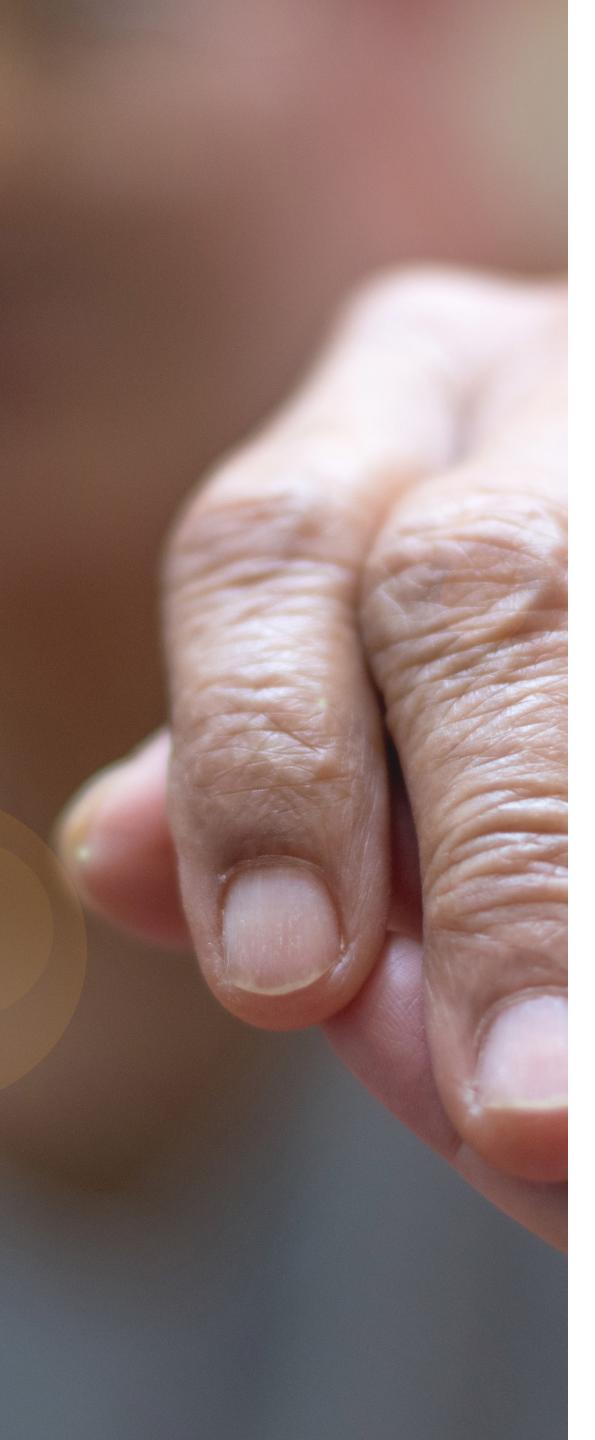
Personal care and life with pets

- 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.



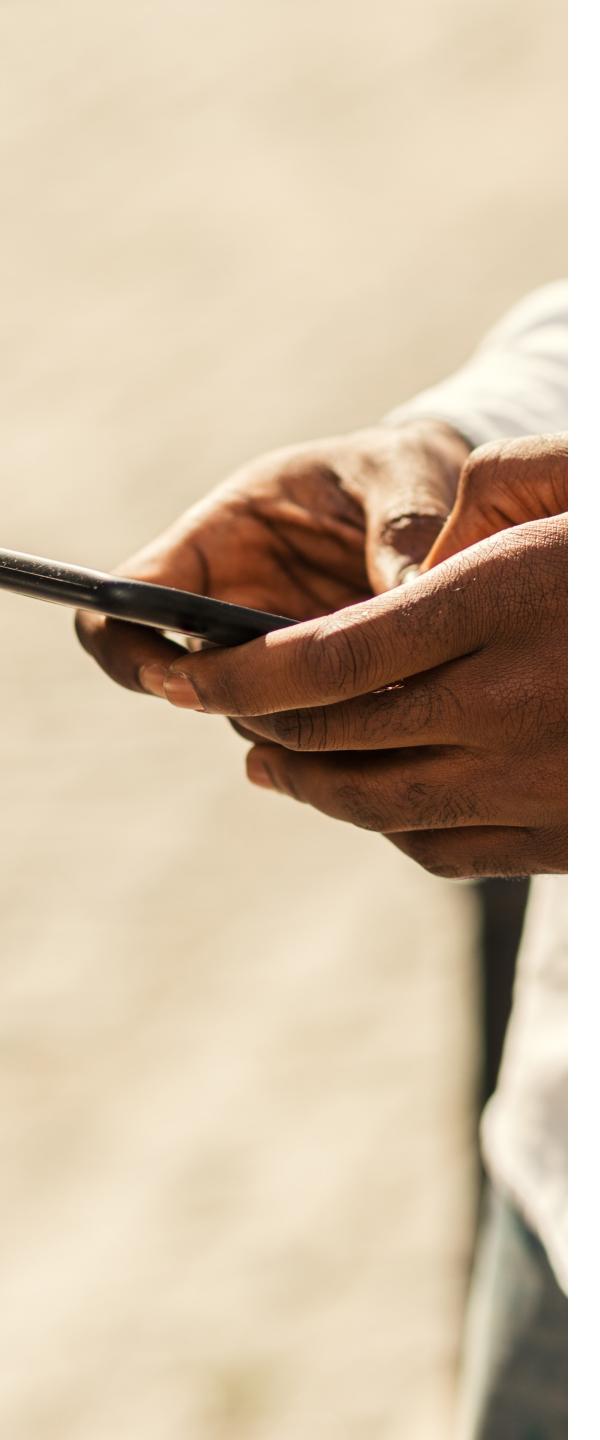
More ways to avoid infection

- 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.



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.



TRANSPLANT OR CAR T-CELL THERAPY - OUTPATIENT CARE

Certificate of Completion

SIGNATURE