

AUTOLOGOUS PATIENT INFORMATION

You have just finished an in depth consultation
with one of our transplant physicians.

Keep this brochure handy as
a reference and reminder of
your consult.




**NORTHSIDE HOSPITAL
CANCER INSTITUTE**
BLOOD & MARROW
TRANSPLANT PROGRAM

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northside.com/BMTProgram
bmtga.com



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For additional information please visit the
following websites:

- Bmtga.com or northside.com/BMTprogram
- Lls.org (Leukemia and Lymphoma Society)
- Bmtinfo.net – transplant related general information
- Bethematch.org – transplant related general information

YOUR TRANSPLANT COORDINATOR

Your transplant coordinator will stay in communication with you and your referring physician until you are ready to proceed with transplant evaluation. Your referring physician will receive a letter from your transplant doctor outlining in detail the recommended treatment plan and timing of treatment as discussed at your consult.

Please know that while you are under the care of your referring physician, your transplant coordinator will be monitoring your progress and keeping the BMT team updated. The timing of your transplant and preparations for transplant will be monitored closely.

Whether you are ready for transplant now or will be ready in a few weeks there are some important things that you and your family should start thinking about:

PRE-TRANSPLANT TESTING

Once you are ready to move forward, your transplant coordinator will schedule a day(s) of pre-transplant diagnostic testing.

Pre-Transplant Testing Includes:

- Comprehensive lab work
- EKG and Echocardiogram (checks your heart function)
- PFT's (checks your lung function)
- Bone marrow biopsy
- CT scans
- Assessment with our health psychologist
- Physical and occupational therapy assessment
- Other tests as needed for your diagnosis

The majority of your testing will be done at our outpatient clinic and within the Tower Building at Northside Hospital. Your transplant coordinator will provide you with a tentative schedule that outlines your start dates including your education day, treatment, preparative regimen and date of transplant.

EDUCATION

You and your caregiver(s) will go through an interdisciplinary education day. You will meet with each department in the program and be given information on what to expect during the transplant process, details about how to prevent infection, self-care guidelines, platelet donation information, and detailed information regarding your medications and chemotherapy plan.

Our program requires that you and your caregiver(s) complete a required education day as part of your pre-BMT schedule prior to moving on to the transplant.

PLATELET/BLOOD DONOR RECRUITER

A representative from Atlanta Blood Services will meet with you on your education day. They play an important role in our program by recruiting family, friends of our patients, and community volunteers to donate blood and platelets. Shortages in the blood and platelet supply occur frequently in Georgia. Atlanta Blood Services helps to maintain an adequate supply of blood products for our patients. Visit ABS.com.

LODGING

If you live more than 50 miles from the clinic and hospital, the BMT team will work with you to identify appropriate lodging before the start of the transplant process. Your transplant coordinator will assist in making your lodging arrangements that meet your personal and financial needs.

Lodging Options Include:

- The American Cancer Society's Hope Lodge
- The Stovall Hope Fund corporate apartments
- Local extended stay hotels or apartments

FINANCES

The Blood and Marrow Transplant Program at Northside Hospital is a Center of Excellence for major insurance carriers. Our

program has dedicated financial specialists who will assist you with the technical and professional charges associated with the entire transplant process. You will have an opportunity to meet with a financial specialist prior to transplant who will be able to provide you with specific information regarding your plan.

CAREGIVERS

An important aspect of your care is a caregiver. A caregiver is defined as:

- A designated, responsible, adult family member or friend who is able to provide observation, and transportation
- A person who provides emotional support for you 24 hours a day, 7 days a week throughout the transplant process

Your BMT team will work with you to develop an individualized caregiver plan to meet your needs. You will be followed daily for approximately 50 days after transplant if you are going through an autologous transplant. This is tentative based on your clinical condition and could extend past this time point.

DRIVING

Once you have started your transplant treatment, you will not be able to drive as the medications you will be taking make driving unsafe. It is your caregiver's responsibility to drive you to your appointments. It is helpful to have a few people who are willing to share in this responsibility. Your physician will discuss with you when it is safe to resume driving.

DENTAL

It is important to make sure you have no outstanding dental issues prior to proceeding with a transplant. We recommend you see your dentist and let them know you will be receiving a blood or marrow transplant. If you have any infections or abscesses in your mouth, this could delay your transplant. Please make sure you check with your BMT physician before having any major procedures done.

FERTILITY

Chemotherapy and transplant can affect your fertility, and may result in permanent infertility. If you are concerned about the risk of chemotherapy and your fertility you should speak to your oncologist about egg harvesting or sperm donation. More information about fertility can be found at fertilityhope.org.

POST-TRANSPLANT

Once discharged from the hospital you will be monitored closely in the outpatient clinic for approximately 100 days. Clinic visits will last from 4-8 hours depending on your needs. The clinic is open from 7 a.m. until 5 p.m. seven days a week. Once you are ready to be discharged back to your referring physician, you will be scheduled to meet with your BMT physician, midlevel, and coordinator. You will be assisted in obtaining a follow-up appointment with your referring physician and be given copies of your re-immunization schedule and post-transplant restaging guidelines.

RESEARCH STUDIES

If you are enrolled in or eligible for a clinical research study, you will work closely with the BMT Clinical Research team. You may have additional requirements for testing and post-transplant care based on the protocol in which you are enrolled. You will have ample opportunity to discuss questions with your transplant physician.

