

DONOR SELF CARE GUIDELINES

**The Blood and Marrow Transplant
Program**

at

Northside Hospital

**H. Kent Holland, MD
Lawrence E. Morris, MD
Scott R. Solomon, MD
Asad Bashey, MD**

**Blood and Marrow Transplant Program
At Northside Hospital- Atlanta, Ga 30342**

DONOR SELF CARE GUIDELINES

Introduction

Welcome to the Blood and Marrow Transplant Program at Northside Hospital. You have been selected to be the best suitable matched donor for a sibling, parent, child or unrelated recipient. We would like to thank you for your commitment to this process. The transplant team will be providing you with in depth information regarding the donation process. The following information will provide an overview of the donation process. You will donate your stem cells by a Peripheral Blood Stem Cells Collection (PBSC) or Bone Marrow Harvest (BMH).

What does bone marrow do in the body?

Stem cells are manufactured in the bone marrow. Your bone marrow is responsible for making all of the necessary blood products we need to live such as red blood cells (which carry oxygen around in your bloodstream to your organs and tissues), white blood cells (which help fight infection) and platelets (which help your blood to clot).

What is a marrow or blood cell transplant?

A marrow or blood cell transplant is a potentially life-saving treatment for patients with leukemia, lymphoma, and other blood diseases. A transplant replaces a patient's unhealthy blood cells with healthy blood-forming cells from a volunteer donor.

How does a patient receive a transplant?

After a patient undergoes chemotherapy and/or radiation treatment to destroy their diseased marrow, the healthy donor cells are given directly into the patient's bloodstream. The cells travel to the marrow, where they begin to function and multiply.

Donor Evaluation

Prior to the donation your overall health will be evaluated and a physical assessment will be performed to ensure a safe donation for you and a safe product for the recipient. This will include blood tests, a chest x-ray, EKG and an appointment with the physician. You will also meet with various departments for education. Some donors will require additional testing – in these cases you will be contacted by your coordinator who will assist in arranging these tests. Female donors of childbearing potential are required to use a medically approved method of contraceptive until stem cell collection/bone marrow harvest is complete. A serum pregnancy test will be done on evaluation. A serum pregnancy test or pregnancy assessment will be repeated within 7 days of the recipient starting preparative chemotherapy and within 7 days of mobilization.

The transplant team will make sure that you are medically suitable to proceed with the donation process. Your safety is important to us.

Peripheral Blood Stem Cell Collection

Although the greatest concentration of blood stem cells is in the bone marrow, these stem cells can be moved or "mobilized" into the blood stream where they can be collected without the use

**Blood and Marrow Transplant Program
At Northside Hospital- Atlanta, Ga 30342**

of general anesthesia. When stem cells are collected from the bloodstream, the procedure is called a peripheral blood stem cell collection or peripheral blood stem cell harvest.

For five days prior to the collection donors receive daily injections of G-CSF or Neupogen, a man made version of a protein found naturally in the body. Neupogen causes blood stem cells to move out of the bone marrow and into the bloodstream. Although most donors tolerate Neupogen well, side effects are possible. The most common problems are fatigue, a flu-like feeling, bone or muscle pain or weakness. These problems can usually be relieved with acetaminophen (Tylenol). Less common side effects, chest pain, insomnia, night sweats, fluid retention and dizziness may occur. These side effects usually resolve within a few days after the Neupogen injections stop. Your physician will discuss this in more detail with you.

Most donors receive a temporary venous catheter that will assist in the collection process. You will receive more detailed information about this when you are here for your education.

After enough stem cells have been moved into the bloodstream, they are ready to be collected. Most donors can collect enough stem cells in one day; occasionally it can take two or more days to collect an adequate amount. You will be kept informed of the progress of your collection. The collection process is done outpatient in the BMTGA clinic. You will be in the clinic for 4-6 hours for the collection process. The collection is not painful and you will be monitored closely for the entire process. You will receive more detailed information about this when you are here for your education.

Bone Marrow Harvest

Some donors donate their stem cells by bone marrow harvest (BMH). A bone marrow harvest is done at the hospital in the operating room under general anesthesia. While you are under general anesthesia, doctors use special, hollow needles to withdraw liquid marrow from your pelvic bones. You will have an anesthesia interview via phone prior to your procedure. Your coordinator will schedule this for you. You will be required to donate 1-2 units of your own blood prior to the harvest. This also will be discussed with you and scheduled by your coordinator.

You will need to begin taking an oral iron supplement on the first day of your blood donation. This is an over the counter medication. This will be discussed with you by your coordinator.

The evening before or morning of your scheduled bone marrow harvest you will need to complete a pre-operative wash. You will be given a bottle of Hibiclense and instructed to wash your lower back to bottom with the solution. This is to help clean the area prior to your surgery.

After the marrow is collected, a bandage or dressing is placed over the incision(s). Most incisions are small enough, usually less than 1/2-inch long, that stitches are not needed. You will then be moved to a recovery area and closely monitored until the anesthesia wears off. When you are fully awake, you are either brought to a hospital room (for further observation) or you will be discharged home. As with all same-day surgical procedures, when you go home the

**Blood and Marrow Transplant Program
At Northside Hospital- Atlanta, Ga 30342**

same day, someone must drive you home. You will be given instructions for follow up care and will be required to follow up in our clinic the next morning, after the procedure.

You can expect to feel some soreness in your lower back for a few days or longer. Most donors are back to their normal routine in a few days. Your marrow is completely replaced within four to six weeks.

Thank you for your dedication and cooperation. Please contact your coordinator with any questions or concerns.

Confidential Copy