

Frequently Asked Questions- Autologous

Autologous Transplant Guidelines

Please keep in mind that these are only MINIMUM guidelines and your situation may be different. Your physician will discuss the guidelines in detail at the time you are discharged from the clinic.

Frequently Asked Questions	Time After Autologous Transplant			
About what you can do and when you can do it after autologous transplant.	All Patients at 50 Days or less post BMT	All Patients between 50 days and 3 months post BMT	All Patients between 3 and 6 months post BMT	All Patients greater than 6 months post BMT
Work at an office	No	No	Yes	Yes
Hot Tub (no IV line)	No	No	No	Yes
Swimming (no IV line)	No	No	No	Yes
Gardening	No	No	Yes	Yes
Indoor Plants (not handling)	Yes	Yes	Yes	Yes
Mowing the Lawn/Raking Leaves	No	No	No	Yes
Carpentry work	No	No	No	Yes
Occasional woodworking (sawdust)	No	No	No	Yes
Household cleaning (vacuuming, dusting)	No	Yes	Yes	Yes
	Animals (not handling feces, cleaning utensils, cages)			
New pets	No	No	No	Yes
Cats/dogs (not sleeping with pets)	Yes	Yes	Yes	Yes
Canaries, parakeets (patient without respiratory problems)	No	No	No	Yes
Pigeons	No	No	No	Yes
Small cage pets (gerbils, rabbits: do not handle)	No	Yes	Yes	Yes
Reptiles	No	Yes	Yes	Yes
Working with Livestock/ Horses (exposure to barns)	No	No	No	Yes
Golfing (sun protection required; no venous catheter)	No	Yes	Yes	Yes
Spectator Events (church, movies, games; no hand shaking)	No	No	Yes	Yes

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Airline travel	No	No	No	Yes
Sexual activity (refer to Section 3, a Patient Guide in your Patient Education Notebook)	Yes	Yes	Yes	Yes
Fireplace (wood)	No	Yes	Yes	Yes
Drink alcohol	No	No	Yes	Yes
Operate car or other motorized vehicles	No	Review with MD	Yes	Yes
Travel outside of Atlanta area by car	No	Yes	Yes	Yes
Having 24/7 Caregiver	Yes	No	No	No
Exposure to adults or children with viral infection (cold, influenza/Flu, etc..)	During first six months following transplant, recommend that patient be quarantined from infected person until viral infection has completely resolved and have received clearance from their personal physician or pediatrician (minimum time of 3 weeks).			
Travel outside of Atlanta area by car	May ask MD after 50 days post BMT. Dependent on discharge from clinic, current medications and patient status			
Operate car or other motorized vehicles	May ask MD after 50 days post BMT. Dependent on discharge from clinic, current medications and patient status			