

Outpatient Autologous Transplant Instructions

You will undergo a stem cell transplant to treat your multiple myeloma. The outpatient part of this treatment includes high dose chemotherapy, followed by the infusion of your previously collected frozen stem cells. During this time, you will be at the hospital for several hours a day. You will not be able to drive to or from the hospital, so please arrange a ride.

What to Bring to Your Outpatient Appointments:

- ☐ Driver's license (or other photo ID)
- ☐ Insurance cards
- ☐ All of your current medicines from home

Feel Free to Bring:

- ☐ Laptop, tablet (i.e.; iPad[®]), and/or e-reader
- ☐ Cell phone / charger
- ☐ Books and magazines
- ☐ Individually wrapped snacks

Please Note:

- Wireless access is available
- Robert Wood Johnson University Hospital (RWJUH) will provide patient with meals

Medicines for Your Stem Cell Transplant Care

These are some of the medicines that may be prescribed by your doctor. You must have these prescriptions filled before your outpatient appointment and include these in the medicines you are bringing from home.

Medicine	Dose	When to Take	Reason
Acyclovir	400 mg	Twice daily Start Date: ____/____/____	Helps to prevent viral infections
fluconazole (Diflucan)	400 mg	Once Daily Start Date: ____/____/____	Helps to prevent fungal infections
levofloxacin (Levaquin)	500 mg	Once Daily Start Date: ____/____/____	Helps to prevent bacterial infections
lorazepam (Ativan)	1 mg	Every 6-8 hours as needed Start Date: ____/____/____	Helps to control nausea and can be helpful when taken at night if you have trouble sleeping
ondansetron (Zofran)	8 mg	Twice daily, beginning the evening of your chemotherapy Start Date: ____/____/____	Helps control nausea
pantoprazole (Protonix)	40 mg	Once Daily Start Date: ____/____/____	Helps prevent heartburn
prochlorperazine (Compazine)	10 mg	Every 8 hours as needed Start Date: ____/____/____	Helps control nausea
supersaturated calcium phosphate (Caphosol)	30 ml mouthwash, swish and spit	Before meals and before bed Start Date: ____/____/____	Helps to maintain oral hygiene

Other Medicines	Dose	When to Take	Reason

- During each visit, it is very important to review all your medicines with your doctor or nurse practitioner, including those prescribed by other doctors and not related to your cancer or transplant.
- Do not take **any** additional or over-the-counter medicines, herbs or supplements without asking your transplant doctor.
- Make your nurses and doctors aware of any allergies you have.

How to Manage Your Care at Home

- Take your temperature each evening. If your temperature starts to increase or you start to feel more ill, check it within the next hour or sooner.
- Avoid crowds and people who are sick.
- Do not eat or drink:
 - fresh fruits or vegetables
 - milk, cheese, or dairy products that are **not** pasteurized
 - raw eggs, fish and shellfish (such as sushi, clams and oysters)
 - under-cooked meats (rare or medium rare cooked beef, pork, poultry and lamb)
 - deli or luncheon meats
 - at restaurants, salad bars, or delicatessens
 - spicy foods
 - gassy foods
 - food handled by anyone who is sick
- Eat small, frequent meals.
- Drink a lot of water.
- Due to an increased risk of bleeding:
 - use an electric razor only
 - use a new toothbrush with soft bristles, if allowed by your medical team
 - do not use dental floss
 - practice safety and injury prevention
 - place a light and telephone near your bed
 - remove area rugs, frayed rugs, and throw rugs
 - use night lights in the hallway, bathroom and bedrooms
 - keep stairways and walkways free of clutter
- Use all mouthwashes as prescribed. You can also rinse with a gentle, alcohol-free mouthwash.
- Do not drive unless approved to do so by your doctor or nurse practitioner.

Call Immediately if You Develop:

- Temperature over 100 degrees and/or shaking chills
- Shortness of breath
- Diarrhea
- Nausea and vomiting
- Blood in your urine or stool
- Bleeding, swelling, redness, odor, and/or drainage at your catheter site
- Any significant change in how you are feeling. It is important to call right away, no matter what time of day or night it is.
- **When in doubt, call!**

If you are having problems during business hours (8:30 a.m. to 5:00 p.m.), please call (732) 235-2465 and the operator will direct your call. If it is after business hours, on a holiday or weekend, please call the same number and our answering service will assist you.