

Going Home After Autologous Bone Marrow Transplant

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SickKids #?????

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Information for Families

SickKids®

APPOINTMENTS I HAVE TO GO TO



When to go to clinic

Before going home you will receive an appointment time for clinic

Where to go

Sears Cancer Clinic, 8th Floor, Burton Wing or 8D day hospital

What to expect in clinic

- Your child will have bloodwork drawn from their CVL
- Your child will be checked by a nurse and a doctor
- As needed, you will see
 - a pharmacist
 - dietitian
 - social worker
- Any other tests or procedures will be explained to you
- Please expect to stay in clinic for several hours

WHAT TO BRING TO CLINIC



1. Your child's health card
2. Your medication calendar and all medications for the day
3. If needed, your records of eating and drinking at home
4. Any questions you wish to discuss
5. Snacks, toys and activities for the day
6. An overnight bag, in case your child needs to be admitted unexpectedly

WHO TO CALL IF I NEED HELP

Monday to Friday, 9:00 am to 5:00 pm



My Contact Nurse is:

Phone number: 416-813-7512

Evenings after 5:00 pm, Weekends and Holidays

416-813-7500

Ask for the Haematology/Oncology Fellow on-call.

What to say when calling the hospital:

"My child is a bone marrow transplant patient"
Include your child's diagnosis and symptoms

For information about your clinic appointments:
416-813-8608

Clinic location at SickKids:

Sears Cancer Clinic, 8th floor, Burton Wing

My Social Worker is:



Phone Number:

My CCAC Case Manager is:

Phone Number:

THINGS I NEED FOR HOME

We suggest you have a digital oral thermometer to use at home.

- Tympanic thermometers (in the ear) are not recommended
- Measure your child's temperature under the tongue or in the armpit.
- You can buy a thermometer at any drug store.



CCAC contact information

A community nurse may visit your home to care for your child's central line and give any IV fluids or medications. Please contact your case manager with any questions or concerns.

Skin care

- Your child should continue to bathe or shower every 1-2 days
- Keep skin clean and moisturized
- When outside, cover skin as much as possible with light loose clothing and a hat to prevent sun burn and bug bites

Sun Protection:

- Skin is more prone to sun burn after chemotherapy or radiation
- Sunscreen with minimum SPF15 should be used year round

Preventing insect bites:

- Use 10% DEET products formulated for children.
- Calamine lotion, polysporin, aloe vera or cool packs help with pain and itch from bug bites.

Immunizations

- Your child will need all childhood immunizations repeated; starting one year after transplant.
- Family members, including siblings should not receive any live vaccines until one year after transplant. This includes the chicken pox and MMR vaccine.
- We recommend that all family members receive the yearly flu shot

Returning to School or Daycare

To help prevent infections, your child should not return to school or day care for 3 months after transplant.

Pets

If you have pets, we suggest having someone look after them for the first 3 months after transplant.

We understand this is not possible for all families. If you have pets at home:

- Your child should avoid rough play with your pet.
- Do not allow the pet to sleep with your child.
- If you have a cat, do not allow your child to come in contact with the cat litter box.
- If you have a bird or reptile, do not allow your child to come in contact with the animal or cage.
- Wash hands after any contact with your pet

Nutrition

- Please continue to follow the Low Bacteria Diet for 3 months
- Your child will see a clinic dietitian as needed

House keeping

No special cleaning of your home is required after transplant

There is no need to remove carpets or draperies, or indoor plants.

We do not recommend any home renovations around the time of transplant.

- We suggest you vacuum and dust your home weekly.
- Bed linens and bathroom towels should be washed weekly.
- Your child's laundry may be washed with the family laundry.
- Do not use humidifiers unless you wash them daily.

HOW MY CHILD MIGHT FEEL AND WHAT TO DO

Call right away for these symptoms:



1. Fever or signs of infection

Whenever possible, take your child's temperature by mouth.

Your child has a fever if his:

- temperature is 38.3°C or more by mouth one time, or;
- temperature is 38°C or more by mouth for one hour or more.

If checking for fever under your child's arm, your child has a fever if his:

- temperature is 37.8°C or more under the arm one time or;
- temperature is 37.5°C or more under the arm for one hour or more.

Do not give your child Tylenol at home

2. Breathing problems, a cough or cold symptoms

3. Bleeding

- Nose bleeds or bleeding from the gums
- bruising

4. Vomiting or diarrhea

- Not eating or drinking
- Any signs of dehydration, dry skin, less or dark coloured urine, fewer wet diapers than usual

5. Leaking or broken central venous line (CVL)

6. Headaches or feeling more tired than usual

7. Skin changes

- Rash or blisters, itchy skin, changes in skin colour

8. Pain

- Pain anywhere in the body, such as the mouth, abdomen, chest, or joints



MEDICATIONS MY CHILD NEEDS TO TAKE

- A pharmacist will meet with you before you go home and provide you with a medication calendar
- Please bring medications and/or your calendar from home to your clinic visits
- Let us know right away when your medication supply is low

CHANGES TO MY ROUTINE

The following instructions should be followed for 3 months after transplant.

Hand washing

The most important way to prevent infection is by washing your hands. All family members and visitors should wash their hands often.

Wearing a mask

The purpose of wearing a mask is to make people aware that your child is at risk of infection. The mask should be worn when in clinic and at the hospital but is not needed at home.

Isolation from crowds

A crowd is any group of people who is not well known to you. Avoid shopping malls, movie theatres, parties and crowded public places. This will help limit the risk of exposure to infectious illness.

Visitors

Family and friends may visit unless they are sick. Carefully screen all visitors before visits.

Please ask all visitors:

In the last 2 days have you had a fever, skin rash, sore throat, cough or cold symptoms, or any vomiting or diarrhea?

If YES, it is not safe to visit.

Exposure to illness

Please call right away if your child has been exposed to any person who has developed:

- chicken pox or shingles
- measles or mumps
- cold sores