

# Stem Cell Transplant

## Pre-Transplant Chemotherapy

After we collect your stem cells, we will give you high dose chemotherapy. This chemotherapy kills cancer cells in your body.

The chemotherapy treatment takes 1 to 5 days. You may have to stay in the hospital. This depends on the type of chemotherapy you get and your health.

## During Your Transplant

Once the chemotherapy treatment is finished, it is time for your stem cell transplant. We will put your stem cells back into your body through an IV catheter.

If you still have the catheter that we used to collect your stem cells, we will use the same one for your transplant. If not, we will put a central venous catheter into a large vein in your body.

Nurses will stay with you during the stem cell infusion. They will check your vital signs (heart rate, blood pressure, etc.) and make sure you are comfortable.

The stem cell infusion may take several hours or it may take less time. The time it takes depends on how many stem cells we need to infuse.

## What to Expect

You may get a fever, chills, rash, nausea, or headaches. You may also feel short of breath. Rarely, people can have more serious reactions. We will give you medicine to prevent these symptoms. If needed, we will give you extra treatments.

Your breath may smell like garlic and you may have a funny taste in your mouth. This can last for several hours or even days. This comes from a chemical called DMSO (dimethyl sulfoxide) that was used to protect your cells during freezing. Lemon drops or hard candy can help with the taste.



Your stem cells, which were stored in the lab, will be reinfused into your body during your transplant.

## After Your Transplant

Once your stem cells are infused, they will circulate in your bloodstream and eventually find their way into your bone marrow. There, they will start to grow again and make new blood cells. This new blood cell growth is called **engraftment**.

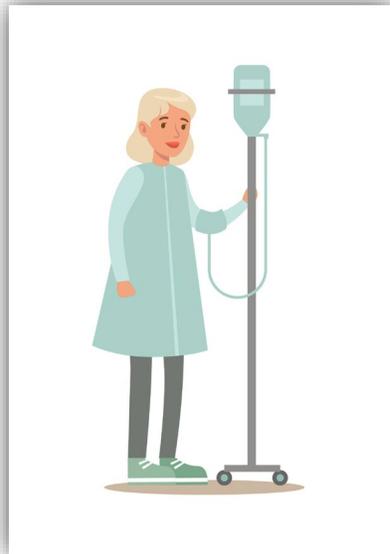
### Preventing Infections

Before your bone marrow produces enough new blood cells, your body will have a hard time fighting infections. Our medical team will watch you closely for infections and any other problems.

- We will check your blood counts each day.
- We will give you antibiotics to help prevent infections.
- If your red blood cells or platelets are low, we will give you transfusions.
- You may have to stay in the hospital during this time as your body recovers.

### Walking Helps You Recover

One of the most important things you can do during your treatment is to walk every day. Getting out of bed and taking walks often, even while you are in the hospital, will help you keep your strength. Good strength speeds up your long-term recovery.



Try to take walks often, even while you are in the hospital. Walking helps you stay strong and recover faster.

