

## Module 2: Prepare for CAR T-cell therapy

Content in this module includes:

1. What to expect at your first visit with the Cell Therapy team
2. Outpatient and Inpatient transplant options
3. Your pre-CAR T-cell therapy testing
4. How you can start preparing for your treatment

### What to expect at your first visit with the Cell Therapy team

On your first visit:

- You will get to know the people who will prepare you for your CAR T-cell therapy
- Your Cell Therapy team will learn about your health
- You will learn about the CAR T- cell therapy process and create a treatment plan
- You may sign your consent forms

### Inpatient or Outpatient CAR T-cell therapy

- Inpatient CAR T-cell therapy is when you get your treatment at the hospital and stay overnight for 1 to 2 weeks
- Outpatient CAR T-cell therapy is when you visit the Day Hospital during the day for treatment and checkups and then you sleep at home
- Your Cell Therapy team will decide what type of CAR T-cell therapy (inpatient or outpatient) is best for you

### Pre-treatment tests and your consent visit

- You will have medical tests called “safety checks” before your CAR T-cell therapy. Safety checks make sure your body is ready for treatment
- At your consenting appointment, you will decide if you want to have your CAR T-cell therapy
- Bring a family member or friend to your consenting appointment

## How you can start preparing for your CAR T-cell therapy

- You must have a caregiver for CAR T-cell therapy
- Getting ready for your CAR T-cell therapy can help you feel better during and after your treatment.
- To get ready for your transplant, you can prepare your body, your mind, and your paperwork

<b>Prepare your body:</b>	<b>Prepare your mind:</b>	<b>Prepare your paperwork:</b>
Lower your risk of infection	Take care of your mental health	Make your wishes known
Focusing on diet and exercise		Finding income support
Quitting smoking or vaping		Looking into medication coverage

## Module Summary

- On your first visit:
  - You will get to know your Cell Therapy team
  - Your Cell Therapy team will learn about your health
  - You will learn about the process and create a treatment plan
- Your Cell Therapy team will decide what type of treatment (inpatient or outpatient) is best for you.
- Before your CAR T-cell therapy, you will have safety checks to make sure your body is ready
- You must have a caregiver for CAR T-cell therapy
- To get ready for your transplant, you can prepare your body, your mind, and your paperwork