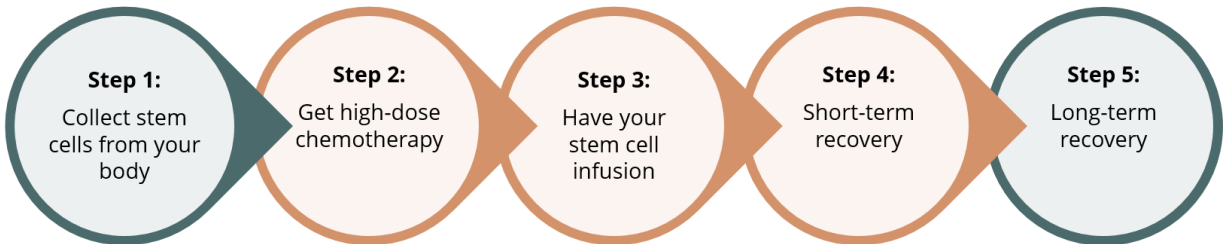


Module 5: What to Expect During an Auto Transplant

This module focuses on Steps 2, 3 and 4 of your transplant process. These steps are called the “acute phase” of your auto transplant.



Content in this module covers these steps of an [auto transplant](#):

1. High-dose [chemotherapy](#)
2. Stem cell [infusion](#)
3. [Short-term recovery](#)

Getting high-dose chemotherapy

- High-dose chemotherapy aims to destroy cancer cells as the treatment for your cancer
- High-dose chemotherapy can also destroy some types of normal cells. This causes side effects
- Most side effects will be short-term and go away once your stem cells [engraft](#). Some side effects (persistent side effects) can last for months to years after your chemotherapy
- Side effects of high-dose chemotherapy include:
 - Low blood counts
 - Fevers and infections
 - [Nausea](#) and [vomiting](#)
 - Changes in bowel function
 - Hair loss
 - Skin problems
 - Mouth problems

Stem cell infusion

- Your stem cell infusion is when you get your stem cells put back into your body
- You will have some side effects from your stem cell infusion. These will go away after your infusion or up to two days later
- Side effects of a stem cell infusion include:
 - Odd smell or taste
 - Nausea
 - A tight or cold feeling in your chest
 - Shortness of breath
 - Low blood pressure
 - Red pee
 - Stomach cramps and [diarrhea](#)

Short-term recovery

- Auto transplants come with several side effects. The two to three weeks after your transplant are when your immune system and blood counts are lowest. During this time, your transplant team will check on you every day
- Your transplant team will check to see:
 - How your blood counts are recovering. You may need blood transfusions or other support
 - What side effects you have. You may get medicines to make you feel better
- Side effects are a normal part of the auto transplant process. Your transplant success is not related to your side effects

Module Summary

- This module focused on Steps 2, 3 and 4 of your transplant process. These steps are sometimes called the “acute phase” of your Auto Transplant.
- Step 2: High-dose chemotherapy
 - High-dose chemotherapy is the first part of your transplant and it destroys:
 - Cancer cells. This is the treatment for your cancer
 - Some types of normal cells. This causes side effects
 - Most side effects will be short-term but some can last months to years.
- Step 3: Stem cell infusion
 - Stem cell infusion is when you get your stem cells put back into your body.
 - You will have some side effects from your stem cell infusion. These will go away after your infusion or up to two days later.
- Step 4: Short term recovery
 - The two to three weeks after your transplant are when your immune system and blood counts are lowest. During this time, your transplant team will check on you every day.
- Next steps
 - Learn about life after your transplant in the next module

Key words	Definition
Auto transplant	Autologous Stem Cell Transplant
Chemotherapy	Chemotherapy uses different kinds of medicines to kill cancer cells. Chemotherapy is also called “chemo”
Diarrhea	Loose, watery poo
Engraft	Engraftment is when the infused stem cells make their way to the bone marrow and start making new blood cells
Infusion	When your stem cells are put back into your veins
Nausea	Feeling like throwing up
Short-term recovery	Short-term recovery is the 2-3 weeks after your transplant while you are having side effects and waiting for your infused stem cells to engraft
Vomiting	Throwing up