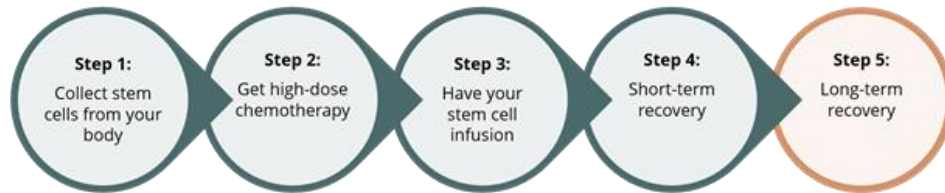


## Module 6: Follow-up After Transplant

This module focuses on Step 5 of your transplant process: Long-term recovery.



Content in this module covers:

1. What to expect for long-term recovery
2. Your follow-up care at the Princess Margaret Cancer Centre and the role of your primary cancer doctor
3. When you might start to return to your normal activities

### What to expect for long-term recovery

- After your stem cells have **engrafted**, most of your most severe side effects from your high-dose **chemotherapy** and stem cell **infusion** will have passed
- **Persistent** side effects can last for several months or years after your chemotherapy
- Persistent side effects of high-dose chemotherapy include:
  - Fatigue
  - Hair loss
  - Shortness of breath with physical activity
  - **Loss of appetite**
  - **Nausea and vomiting**
  - Changes in bowel function
  - Fevers and infections
  - Brain fog
  - Infertility
  - Hormone changes
- Your healthcare team will check you for and help you manage your side effects

## Your follow-up care at the Princess Margaret Cancer Centre and the role of your primary cancer doctor

- You will begin weekly visits (or more often) with your transplant team after you have been discharged from the hospital or Day Hospital
- Your transplant doctor will tell you if you need more radiation, maintenance therapy, or a second transplant
- Over time you will stop seeing your transplant team and have checkups with your primary cancer doctor instead
- Auto transplants do not always work. Your transplant doctor will discuss your options with you if your cancer has not responded to transplant

## When you might start to return to your normal activities

- After treatment is finished, you will likely want things to return to normal. Normal is differs from person to person.
- Be patient with yourself and work with your healthcare team to make a plan to get back to:
  - Driving
  - Working
  - Traveling
  - Having sex
- You will get vaccines starting 3 months after your auto transplant to build up your immune system. This will help protect you as you start returning to normal activities.

## Module Summary

- This module focused on Step 5 of your transplant process, Long-term Recovery
- After your transplant you will still have persistent side effects
- You will have regular checkups with your transplant team and then your primary cancer doctor
- You will slowly begin to return to your normal activities

| 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”      |
| 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   |
| Loss of appetite  | A change in your appetite where you do not feel hungry or find it hard to eat                                 |
| Nausea            | Feeling like throwing up  |
| Persistent        | Lasting for a long time   |
| Physical recovery | Making your body stronger   |
| Vomiting          | Throwing up   |