

WELCOME BACK TO THE BMT CLINIC

Well-done! You have completed the inpatient phase of your treatment, now it is time to start the outpatient phase.

Some things you need to remember to make your outpatient visits go as smoothly as possible.



- Never forget to do your blood work in AM because of your cyclosporine level before you take it in Am EVEN IF YOUR APPOINTMENT TIME IS IN THE AFTERNOON
- You must be assessed by the BMT Nurses before you leave in the morning, and they will tell you what time to come back
- Tell the nurse if you have any worries or problems you may need to see the dr early.

If you have an appointment at the BMT Nurse Clinic:

- Come at 0800 to do your blood work
- Be assessed by the clinic nurses who will tell when to come back to see the physician.



If you have any of the following symptoms:

- Fever
- Diarrhea
- Vomiting
- Skin Rash
- Cough
- Sore Throat
- Dry Eyes
- Itchiness
- Blood in Urine

Or if you have any concerns or worries:

Call your BMT coordinator or physician if you have any problems during the week
Or after working hours you must go to ER

IT IS BETTER TO CALL US AS EARLY AS POSSIBLE IF YOU HAVE ANY PROBLEMS

The BMT clinic ARE CLOSED IN THE WEEKENDS SO YOU MUST GO TO THE E.R.

IF YOU ARE TAKING CSA (CYCLOSPORIN), DO NOT TAKE THE MORNING DOSE BEFORE YOUR BLOOD TEST AS THIS WILL AFFECT THE RESULTS.

CSA can affect your kidneys so you need to drink as much as possible about 3 liters, most should be water (bottled water only) plus juices, milk, tea and soups.

ALWAYS BRING YOUR MEDICATIONS TO YOUR APPOINTMENTS

It is a good idea to have a light breakfast before you come to the clinic in the morning and bring fluid to drink as you may have to wait.

Try to avoid walking in the sunshine at any time of the day, as your skin is very sensitive. Men should always wear a head cover to protect your scalp from the sun.

Acknowledgements

Information in this document is reproduced with kind permission of the Bone Marrow Transplant Unit, King Faisal Hospital & Research Centre-Riyadh, Saudi Arabia. The sources below were referenced during the writing of this document:

National Marrow donor Program (NMDP)
World Marrow Donor Association (WMDA)
European Bone Marrow Transplant (EBMT) textbook for nurses