

Blood and Marrow Transplant (BMT) Caregiver Information

Leaving the Hospital

When your child's doctor decides it is safe for your child to leave the hospital, we will make sure you know how to take care of your child outside of the hospital. If you ever feel worried about your child, please call us. There is someone available 24 hours a day, seven days a week. The BMT Outpatient Clinic can be reached at **205-638-6393 or 205-638-6373**.

You will need to know:

- How to take care of your child's central venous line (CVL)
- What signs to report as an emergency
- How to take your child's temperature
- The phone number to call if your child is sick
- What medicines your child will need to take at home and how to give them
- Where to get home care supplies. You will need to order before you run out. The outpatient clinic does not stock home care supplies.
- You will be required to come to the outpatient clinic several times a week after discharge

Transitional Housing

Children who have just had a BMT can become ill quickly. They must be able to get to the hospital right away should they become sick. If you and your child live more than a 30-minute drive from Children's Hospital, we may ask you to stay at a nearby hotel or other transitional housing for period following a discharge. The BMT social worker can help you make plans for your stay.



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Preventing Infection After Discharge

Good hand washing is the best way to prevent the spread of infections. You should supervise and teach all your children how to wash their hands after using the toilet, after playing with toys or pets and before eating. Other family members and friends should also follow these hand washing guidelines. You do not need to sterilize your home or transitional housing before your child is discharged from the hospital.

Wash your hands with soap and water often:

- After being outdoors
- After touching body fluids, such as mucus or blood
- After changing a diaper
- Before handling food
- After using electronics, like the telephone or gaming controllers
- After doing housework
- After going to the bathroom

How long must my child wear a mask?

The mask helps protect against infection from other people and the environment. Your BMT team will let you know when it is safe for your child to stop wearing the mask. Until then, have your child wear the mask anytime he/she leaves the home.

It is recommended that a mask be worn:

- When visiting the hospital or clinic for follow-up care (crowded halls, elevators, known ill people)
- Unavoidable crowded situations (it is a good idea to have a mask available always)
- Around construction sites, fields being farmed, anywhere dust or dirt is being kicked up into the air or when it is very windy



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Keeping Your Child Healthy

Be Sure to:

- If there are smokers in the home, limit smoking to outdoors
- Visitors should be limited to close friends and relatives
- Avoid contact with people who are sick
- Do not allow a visitor into your home who has chickenpox or another virus
- Do not invite visitors to your home if they have a runny nose, cough, diarrhea, vomiting or sore throat
- There should be no visible mold or mildew in your home
- Avoid large meeting areas such as movie theaters, airplanes, church, or school until approved by your doctor

Be Sure NOT to:

- Work with or handle flowers and plants
- Share eating utensils, such as forks or cups
- Go around construction sites
- Go to public places such as the bus, store, church, restaurant, school, airplanes, or movie theater

Taking Your Child's Temperature if your child looks or acts sick take his/her temperature

- If 100.4° F or greater call your BMT team at **205-638-6393 or 205-638-6373**
- Do not use a rectal thermometer.
- Take your child's temperature at about the same time each day, if 100.4° F or greater call your BMT team
- Do not give any medication for a fever unless advised by the BMT team
 - Ibuprofen (Motrin, Advil, or generics) can keep platelets from working and mask a fever
 - Acetaminophen (Tylenol or generics) can mask a fever
 - Aspirin or aspirin containing products can keep platelets from working, mask a fever, and cause a condition called Reye's syndrome
 - Salicylate medicines such as Pepto Bismol contain aspirin
 - Read labels carefully



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Diet

- Do not eat or drink anything that may be undercooked or spoiled
- Be sure to wash and thoroughly peel fresh fruits and vegetables to be eaten uncooked
- Eating foods from restaurants is allowed if the posted health rating is >90
- Do not eat from hot bars, salad bars or buffets
- Do not drink well water
- Do not share food
- Do not eat raw fish or raw seafood
- Do not eat anything that has been sitting out for longer than 1 hour

Hygiene and Skin Care

- Change the bed linens weekly or when visibly soiled
- Shower or bathe daily with antibacterial soap
- Continue Biotene® mouth rinse until directed by MD
- Your child's skin may be sensitive and dry for many months after transplant
- You may notice darkening of the skin due to chemotherapy and/or radiation (this generally goes away over several months)
- Have your child use hypoallergenic lotions (Cetaphil®, Aquaphor®, or Eucerin®)

Sun Protection

Your child needs sun protection after transplant. The sun can cause skin cancer. The sun can also trigger or make GVHD (graft versus host disease) worse.

- Have your child wear a hat and clothing that protects the skin when outdoors
- Use a sunscreen with a sun protection factor (SPF) of at least 50 when going outside
- Avoid peak sun exposure hours (10 a.m. to 3 p.m.)

