

AFTER YOUR AUTOLOGOUS STEM CELL TRANSPLANT

What to Expect After Going Home

Contact Information

Stem Cell Transplant Nurse Navigator
226-750-9099
Monday to Friday from 8am - 4pm

CareChart@Home - After Hours Care
1-877-681-3057
Evenings, weekends and holidays
*Tell them you are a transplant patient

**Waterloo Wellington
Regional Cancer Program**
Ontario Health (Cancer Care Ontario)

What Happens When I Go Home?

You will be booked for regular follow-up visits with a Nurse Practitioner (NP). You will be given a discharge summary sheet that shows your future cancer centre visits and the drugs you will take at home.

What Should I Expect at NP Follow-Up Visits?

When you follow-up with your NP they will:

- Assess how you are feeling
- Order blood tests and review your bloodwork results
- Try to correct any concerns from your bloodwork, if needed. This might include:
 - Blood transfusions (the process of putting new blood into the body)
 - Replacing electrolytes (a group of minerals in your blood, like potassium)
 - Other treatments or therapies

When are my Follow-Up Visits?

Nurse Practitioner

Follow-up with an NP will happen:

- **2 times** a week
- On **Tuesday and Friday** mornings

These visits are booked 1-3 weeks after you go home, based on:

- Your symptoms
- Your bloodwork
- When your central line is removed

Home Care

If you have a central line you will be booked for home care visits automatically. Home care visits are needed to change the central line dressing. These visits will start within 7 days of you going back home.

DO NOT cancel these visits. If a date/time does not work, call your home care team to rebook.

Oncologist

Regular follow-up with your Oncologist (cancer doctor) will start again after your NP visits have ended.

Where are my Follow-Up Visits?

Before you are sent home from the hospital you will be told the date and time of your first follow-up visit. Your follow-up visits will be at the **WRHN Cancer Centre**. You can bring a care partner with you.

Your drugs may have changed since your last visit to the outpatient cancer centre. Bring your **current** drugs/pill bottles with you for your first follow-up visit.

Notes From Your Health Care Team:

Use this resource for your information only. It does not replace medical advice from your doctor or other health care professionals.

 cancerpatiented@wrhn.ca

 cancerwaterloowellington.ca

