

## INSTRUCTION (SCHEDULE)

- 8:30-9:00am – breakfast
- 12pm – second breakfast
- 2pm – lunch
- 6 pm – dinner

### STEPS OF TREATMENT

1. **Stem cells stimulation - 4 days (sometimes 5-6 days, depending on the results of stem cell collections)** in combination with infusion of steroids at 11am-12pm (1 dose - 200 ml liquid for 20-40 min). Also, patient takes 1 antacid pill twice a day 30 mins before food (before breakfast and before dinner). G-CSF stimulation injections (subcutaneous) at 11pm and 3am.
2. **Insertion of special catheter in neck for stem cell collection and chest X-ray control**
3. **Collection of stem cells (for 1 or 2, sometimes 3 days, we need to collect 2 or more million hematopoietic stem cells per kg of body weight)**
4. **Removal of neck catheter and insertion of new catheter for chemotherapy and further treatment**
5. **Chemotherapy (4 days)**
6. **1-2 days of rest (receiving only supportive medication infusions twice a day)**

**From the beginning of chemotherapy:** patient takes oral medications 3 times a day (antiviral, antibacterial, antifungal, PPI gastro protection).

Pills for breakfast – patient takes 1 antacid pill before food, other pills – after food. Pills for lunch – patient takes 1 pill after food. Pills for dinner - patient takes 1 antacid pill before food, other pills – after food. Patient has additional oral medications on Mon, Wen, Fri – co-trimoxazole (2 white big pills –morning, evening).

Patient has 2 supportive medication infusions in the evening

Food Allowed during treatment	Foods to be Avoided during treatment
Most food from outside the hospital is suitable.	Fresh fish e.g. sushi, raw meat, Un-pasteurised milk or milk products see note below. Fast food outlets, fresh vegetables and fruits

### 7. Day of transplantation.

Patient should avoid food after 12pm on this day. Nurses will clean and prepare room for transplantation.

### 8. Isolation

Patient should never leave the room. Patient should keep the glass door closed. Medical staff will clean the room every day. Patient's suitcases will be removed. Patient should heat up food (approx. 10-20 seconds) in the microwave before consuming. Patient should use a special solution for mouthwash (mix half of cup of red solution with cap of water). Patient should use provided chlorhexidine solutions for washing body – big bottle for genital area and small for legs/arms/body. Our staff will change bedding and wash clothing every day.

**A patient must inform medical staff immediately of any problems or changes in condition.**

Food Allowed during Isolation	Food Restrictions during Isolation
Tinned food – e.g vegetables or tuna, Bread, Coffee, Tea, Dried fruit, Fruit Juice, Spices, herbs, Lollies/sweets, Nuts – roasted and salted	Fresh vegetables and fruits, Milk and Yoghurt products that don't conform to hospital standards
Processed food e.g muesli bars, packets of soup, noodles, Milk and Yoghurt conforming to hospital standards	Raw nuts, toasted muesli – unless it is microwaved first, Fresh fish e.g sushi, raw meat

Patient receives one infusion of Rituximab (for 5 hours) after recovery of leukocytes (1 or 2 days before discharge).

Note: hospital has a laundry room. Inform staff if you need clothing washed.