

Acknowledgement:

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Post Autologous Transplants: Guidelines for Home

For patients who are being discharged after having an autologous bone marrow transplant



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In this booklet you will find:

Useful tips and instructions that you can follow every day as you recover from an autologous bone marrow transplant. Topics include:

- Fever and Infection
- Activities and Exercise
- Sexual Health and Intimacy
- Nutrition and Fluids
- Medications

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Sexual Health and Intimacy

- After your transplant, you are at risk for infection and bleeding. This is because your blood counts are low.

You should avoid:

- Having sexual intercourse (vaginal and anal) until your platelet count is at least 50,000/cubic mL. This is because sexual intercourse can cause tears in the skin of your vagina, penis and anus that will bleed if your platelets are low.
- Any sexual practices where your mouth could come into contact with stool (poop). This is because you are also at-risk for infections until your blood counts return to normal.

You should:

- Use latex condoms during sexual activity to protect yourself from sexually transmitted diseases (like HIV, hepatitis and herpes). This is especially true when you are recovering from a transplant. Some medications can be passed to your partner during sexual activity so using a condom will also protect them.
- Ask your healthcare team for a Sexual Health, Intimacy and Cancer (SHIC) brochure. Having questions about sexual health is common after having a transplant. The Simcoe Muskoka Regional Cancer Program runs the SHIC clinic that can help you with any questions or concerns you might have.
- To book a confidential appointment, call 705-728-9090 x43520

Nutrition and Fluids

You should:

- Drink at least 8 glasses (2 litres) of non-caffeinated fluids every day. You can get your water from things like jello, water or herbal tea. This will help you to stay hydrated (cells in your body full of water).
- Eat a well-balanced diet of food that is cooked well and avoid fast foods. This will help your body to recover from the surgery and give it the nutrition that it needs to fight infections.
- Wash fruits and vegetables well before eating them because some foods carry germs that can make you sick. After a transplant, you are at-risk for getting an infection (getting sick).

Note: If you get constipated, you should not use suppositories or enemas because they can make you sick if your blood counts are low.

For more detailed information please refer to the handout called “Food Safety”