PATIENT & CAREGIVER EDUCATION

Leaving the Hospital After Your Immune Effector Cell Therapy

This information will help you get ready to leave the hospital after your Immune Effector Cell (IEC) therapy. As you read this, write down any questions you have so you remember to ask your care team.

Getting ready to leave the hospital after your IEC therapy

After your treatment, your care team will make sure you're ready to go home. You'll be ready to leave the hospital if you:

- Do not have a fever (a temperature 100.4° F (38° C) or higher).
- Do not have any signs of neurotoxicity (neurological changes). Some examples may include confusion or trouble finding words.
- Do not have signs of cytokine release syndrome (CRS). CRS is a common side effect of this treatment. It causes dizziness, fever, and flu-like symptoms, such as muscle

aches and chills.

Talk with your social worker about housing, if needed

If you live more than 1 to 2 hours from MSK, we may ask you to stay near the hospital. This is to make sure you can come back to the hospital easily if you need to. We recommend this for at least the first month after your IEC therapy. Your care team may give you other instructions.

Identify your caregiver

After your IEC therapy, you'll need a caregiver with you 24 hours a day, 7 days a week. How long you'll need a full-time caregiver will depend on how you're recovering. Your caregiver will need to:

- Take you to and from your appointments.
- Look for any changes in your condition.
- Call for medical help in an emergency.

If your caregiver gets sick or shows any signs of a cold during your IEC therapy, tell your care team right away.

Resources for caregivers

Caregivers can have physical, emotional, spiritual, and financial distress. There are resources and support to help manage the many duties of caring for a person having IEC therapy. Talk with your social worker for support resources and information.

MSK’s Caregivers Clinic supports caregivers who are having a hard time coping with the demands of being a caregiver. Visit www.msk.org/caregivers or call 646-888-0200 to learn more.

Follow-up appointments

You’ll be scheduled for follow-up appointments with the Cell Infusion Unit (also called the red or orange team). These appointments may be a few days a week, or less often, depending on how you’re feeling.

You may have new side effects in the first month after your IEC infusion day. It’s important to come to your scheduled appointments so we can help you manage these side effects.

About 4 weeks after your IEC therapy, you’ll start having your appointments in your primary oncologist’s (cancer doctor) office. You won’t be going to the Cell Infusion Unit.

Guidelines to follow after your IEC therapy

Prevent infection

Your immune system may be weaker than usual while you're recovering after your therapy. During this time, you may catch viruses and infections more easily.

Lower your chances of getting an infection by:

- Avoiding people who are sick.
- Washing your hands often with soap and water or with an alcohol-based hand sanitizer. Wash your hands after using the toilet and before eating. Read *Hand Hygiene and Preventing Infection* (www.mskcc.org/pe/hand-hygiene) to learn more.

Check for any new symptoms

Call the Cell Infusion Unit at 646-608-3150 if you have any of these symptoms:

- A fever of 100.4 °F (38.0 °C) or higher.
- Any flu-like symptoms, such as muscle aches, headaches, chills, or fatigue (feeling more tired or weak than usual).
- More nausea (feeling like you're going to throw up), vomiting (throwing up), or diarrhea (loose, watery poop) than usual.

- Any signs of confusion.
- Trouble finding words.
- Tremors (shaking you can’t control).
- Sleeping more than usual.

Eating and drinking

Eating a balanced diet with lots of calories and protein will help with your recovery. Read *Eating Well During Your Cancer Treatment* (www.mskcc.org/pe/eating-cancer-treatment) to learn more.

Drink at least 8 to 10 (8-ounce) cups (2 liters) of liquids every day, if you can.

If you have questions about your diet, talk with your care team or ask to see a clinical dietitian nutritionist.

Move around and exercise

Even though you’ll feel tired after your therapy, try to move around and stay active. This will help you get stronger and feel better. For example, you can go for a walk and do some stretches.

About your long-term recovery

Long-term recovery is different for everyone. It depends on how your body responds to the immune effector cells. Your care team will tell you what to expect.

You'll have appointments 30 days, 100 days, and 1 year after your IEC infusion day. Depending on your cancer diagnosis, during these appointments you may have tests such as:

- Blood tests.
- Imaging scans, such as a positron emission tomography (PET) scan or computed tomography (CT) scan.
- Physical exam.
- Bone marrow aspiration and biopsy.

Your care team will use the results of these tests to plan your care during your recovery.

Caring for your CVC at home

You may go home with a central venous catheter (CVC). A CVC is a catheter (thin, flexible tube) that's put into one of your larger veins. CVCs are also called central lines.

Not everyone goes home with a CVC. If you do, your care team will give supplies to take care of your CVC at home. Follow these guidelines when caring for your CVC:

- Shower or bathe every day using a 4% chlorhexidine gluconate (CHG) solution antiseptic skin cleanser, such as Hibiclens®. 4% CHG solution is a fast-acting antiseptic that kills germs that live on your skin. Showering with it will lower your risk of infection. Read *How to Shower Using 4% Chlorhexidine Gluconate (CHG) Solution Antiseptic Skin Cleanser* (www.mskcc.org/pe/chg-solution) to learn more.

- Do not get your catheter wet. Cover the bandage around your CVC with a one-time-use waterproof cover (such as Aquaguard®) before you shower. You can buy waterproof covers online.
- Your care team will change your dressing (clear bandage) every 7 days at your follow-up appointments.
- Check your CVC site every day for signs of infection. Signs of infection include redness, tenderness or pain, drainage, swelling, or bleeding. Call your doctor's office right away if you have any of these signs.

Clinical trials

If you're in a clinical trial, you may need to follow different instructions than these. Someone from your clinical trial team will review your discharge instructions with you before you leave the hospital. Talk with your clinical trial team if you have any questions.

Contact information

If you have questions or concerns, call the Cell Infusion Unit at 646-608-3150. Someone will be available to help you 24 hours a day, 7 days a week.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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