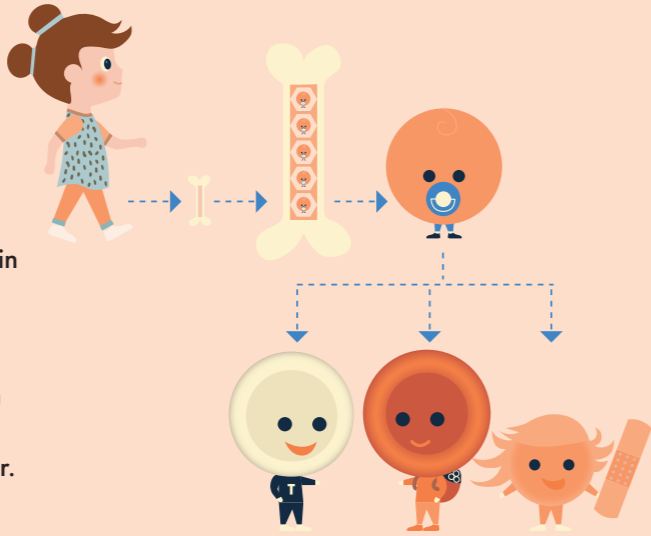


Welcome to Our HOSPITAL

1 What are Stem Cells?

Stem cells are found in the bone marrow. In the bone marrow 'factory' they make red and white blood cells, and platelets. White blood cells help protect you from infection, red blood cells transport oxygen (air) in your blood to the whole body. Platelets help you stop bleeding if you hurt yourself. If your body doesn't have enough of these, you can be given new stem cells from another person – a stem cell donor.



2 Pre-transplant Preparation

You'll do a visit to the hospital before your transplant so you know where everything is. The doctor will also make sure you are ready for your transplant and listen to your lungs and do an ultrasound of your heart. The Doctor will also look at your teeth and do blood tests.



HSCT
Haemato
-poetic
Stem
Cell
Transplant

3 Central Line

At the hospital you are given a central line. That means less needles and cannulas during your transplant and helps you get the medication and blood you need.



4 Isolation

To protect you from infection, you'll get a special safe isolation room. You won't be on your own, a family member can stay with you all the time. Lots of people will visit every day to keep you busy including your physiotherapist, teacher and play specialist.



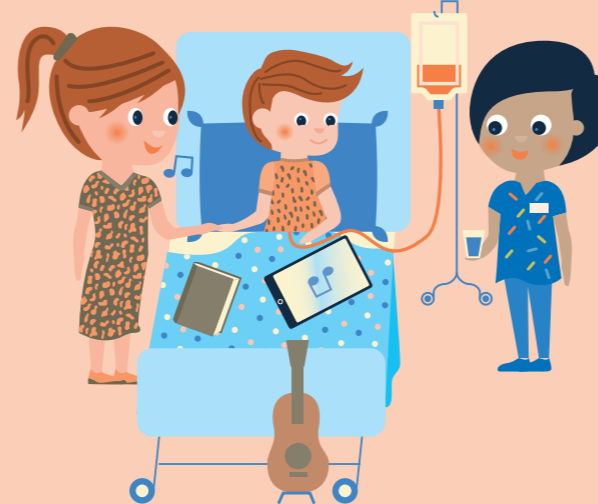
5 Conditioning Treatment

Conditioning treatment starts about a week before the stem cell transplant. It empties your bone marrow of cells to make room for the new donor stem cells. It can include chemotherapy and radiotherapy. It might make you feel sick and not want to eat and to make things easier you might need a feeding tube. Most conditioning treatment causes hair loss but it will grow back again. Tell your doctor or nurse how you feel and they will be able to help you.



6 The Transplant

You are now ready for the stem cells. These are given through your central line just like any other transfusion. The stem cells make their way to the empty bone marrow spaces created by the conditioning treatment. It will take 2-4 weeks before they make enough white cells to fight infections. During this time you might get a temperature and need antibiotics.



7 Well Done! Time to Go Home.

The doctors and nurses at the hospital will look after you and decide when you are well enough to go home. You'll come back to the hospital for regular check ups. Your new blood cells are working now, but it will take at least 6 months for your white cells to be strong enough to fight every infection, so you won't be ready to go back to school just yet.