

Post Chimeric Antigen Receptor (CAR) T-Cell Therapy Instructions Outpatient Care & General Information

When to Call Your Healthcare Team:

CAR T-Cell therapy is a type of cellular immunotherapy that can cause severe and potentially life-threatening side effects. **Contact your healthcare team at Rutgers Cancer Institute at 732-235-2465 if you experience any of the signs and symptoms listed below:**

- A fever of 100.4° F or higher, or as directed by your provider
- Difficulty breathing
- Chills or shaking chills
- Confusion
- Headache
- Dizziness or lightheadedness
- Severe nausea, vomiting, or diarrhea
- Severe muscle or joint pain
- Very low blood pressure
- Fast or irregular heartbeat
- Severe fatigue or weakness

Your doctor will direct you on where to come for an evaluation. If you are directed to go to the emergency room (ER), you must go to Robert Wood Johnson University Hospital in New Brunswick.

Important Things to Know After Your CAR T-cell Therapy:

- Stay within close proximity (within 2 hours) of Robert Wood Johnson University Hospital for a least 4 weeks after CAR T-Cell infusion.
- Carry your “CAR T-Cell Patient Wallet Card” or designated manufacturer specified identification **at all times**. If you go to an ER or are seen by another healthcare provider for any reason, tell them you are being treated with CAR T-Cell therapy and show them the card/identification.
- Do not drive, operate heavy machinery or participate in dangerous activities for 8 weeks after CAR T-Cell infusion. CAR T-Cell therapy can cause sleepiness, confusion, weakness, temporary memory or coordination problems.
- Get plenty of rest. Take naps as needed. Get at least 7-8 hours of sleep every night.
- Stay hydrated. Drink 6 to 8 10-ounce glasses of water every day.
- Eat a well-balanced, high protein, high calorie diet.
- Cook meat and eggs until they are well done to kill any germs.
- Wash all fruits and vegetables.
- Take all medicines as directed.
- Talk to your healthcare team about moderate exercise.

- Discuss with your healthcare team how and when to safely resume sexual activity.
- Practice good oral (mouth) hygiene.
- Wash your hands frequently. Use good hand washing practices before you eat or take medicine, after using the bathroom or come in contact with someone who might be sick. Use warm soapy water and scrub your hands for 30 seconds, rinsing off soap and drying with a clean towel.

Things to Avoid/Precautions:

- Avoid other hospitals/emergency rooms unless directed by your healthcare team.
- Avoid people who are sick and have symptoms such as a cough, cold, runny nose and fever.
- Avoid direct sun exposure. Protect your skin with a sun protection factor (SPF) of 30 or greater, even on overcast days. Wear hats, sunglasses and long-sleeved shirts and pants.
- Avoid gardening. Do not touch soil, lawn waste or compost.
- Do not come in contact with litter in cat boxes, fish aquariums or bird cages. Do not clean up after pets; ask someone to help out.
- Avoid large crowds.
- Do not donate blood, organs, tissues or cells for transplantation after receiving CAR T-Cells.

Important Information for Healthcare Providers:

Name of Rutgers Cancer Institute of New Jersey oncologist: _____

Contact phone number (24 hours/day): **732-235-2465**

Date of CAR T-Cell infusion: _____

- CAR T-Cell therapy can cause cytokine release syndrome (CRS) and neurologic toxicities, which may be fatal or life-threatening. CRS may involve any organ system.
- Contact patient's Rutgers Cancer Institute oncologist before giving steroids or cytotoxic medications, if they develop a serious infection or secondary malignancy, before they undergo an invasive procedure, or for any additional information.

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.