

Blood and Marrow Transplant: Preparing For Your Discharge Home

Before You Go Home

In order to decrease the overall dust, mold, and mildew that grows in homes, the whole house must be cleaned. Dust, mold and mildew contain harmful fungus and bacteria that can cause infections in people who do not have fully functional immune systems.

Floors, windows, window shades, and major appliances

- Wipe/clean all with standard cleanser
- Clean all major appliances with bleach-based cleansers
- Clean under appliances, if possible
- Vacuum around refrigerators
- Clean and bleach refrigerator drip pan

Furniture and rugs

- Vacuum all thoroughly

Heating and air-conditioning vents and humidifiers

- Vacuum vents, clean with standard cleanser
- Central air conditioning and heating filters should be changed every six months
- Standing water, home humidifiers need to be emptied, cleaned, and put away

Bathrooms

- Clean the following with an abrasive cleaner: sinks, shower stalls, tubs, and toilets
- Walls and ceilings of bathroom should be cleaned with standard cleanser
- Examine caulking around bathtub. You may need to re-caulk if there is not a complete seal

Kitchen

- Dispose of wooden cutting boards. Obtain a cutting board (NOT made of wood) that can be easily wiped down with a bleach-based cleanser
- Dispose of wooden dish-drains. Obtain a dish-drain that can be easily wiped down with a bleach-based cleanser

Cars

- Clean outside of car
- Thoroughly vacuum and clean inside floor and seats. Any cleanser may be used. The goal is to eliminate dirt and dust

Pets

- Move litter boxes away from common living areas (for example: put in cellar or breezeway)
- **No birds**
- Dogs/cats should be shampooed thoroughly

After You Go Home:

You must **not** participate in cleaning activities. You should not be in a room while it is being cleaned, and you should not enter a room for at least one hour after the cleaning is completed.

Weekly cleaning

- Dust with dust-absorbing cleanser (Pledge, Endust, Glass Plus). **No dry dusting!**
- Vacuum thoroughly (If you have a pet, vacuuming must be every other day)
- Clean kitchen and bathroom with bleach-based cleanser
- Change filters in air conditioning and heating vents every six months

Laundry

- Your laundry must be done for you for the first few months
- Wash bed linens weekly
- Wash towels daily
- Wash new clothes before wearing them
- Use the same detergent. Do not change brands (this will decrease skin irritation)
- Wash clothes in warm/hot water and use dryer

Personal care

- Shower daily using the same mild soap (without fragrance or alcohol).
- Do not change brand of soap
- Use a clean towel daily
- Continue mouth care as instructed
- Use extra-soft toothbrush to brush teeth (if platelet count > 50,000)
- Do not use eye makeup
- Use blush and lipstick from new containers (Do not share containers!)
- Keep nails trimmed
- Wear clean clothes daily
- Take your temperature twice daily at the same time. Do not eat or drink 15 minutes before this
- Check skin daily for rashes

Pets

- You cannot touch or empty the litter box
- Stay away from the mouth or saliva of pets
- Avoid the claws and nails of pets and situations where they can scratch you

Plants

- You may not garden or touch any soil
- No moss in dried or silk flowers

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