

First 100 Days Checklist

FEEL PREPARED FOR YOUR TRANSPLANT JOURNEY



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Overview

WHAT IS INPATIENT CARE?

Inpatient care refers to a hospital stay. When a treatment requires close monitoring (especially after the procedure), some clinics transfer their patients to another facility managed by the same hospital group.



WHAT IS OUTPATIENT CARE?

Any procedure or visit that does not involve an overnight hospital stay, such as blood tests, imaging tests, or medication administration.



Before Your Transplant

This checklist will help you prepare for your transplant. If you feel overwhelmed by this list, remember that these are optional items to help you with your procedure, but ultimately, you decide what you need.



Before Your Transplant

Having all the right items during your transplant journey can help reduce stress and make the experience more comfortable.

CHECKLIST FOR OUTPATIENT AND INPATIENT CARE



Contact your healthcare insurance and home health services.
Many items are **provided** for home care for days 0 - 30



SALINE SYRINGES



BIOHAZARD CONTAINER



ALCOHOL WIPES



PARAFILM/COVER
FOR CATHETER/PORT



Before Your Transplant

- ☐ Infection prevention products
Masks, gloves, hand sanitizer, thermometer for you, new toothbrush every 3 months
- ☐ Deep-clean house, drapes and air ducts included
- ☐ Wash all with fragrance-free products
- ☐ Make plans for your pets and plants for the first 100 days
- ☐ Review with your healthcare team food safety measures
- ☐ Soft seat belt cover to protect the port
- ☐ Journaling can help you keep track of your symptoms and keep your loved ones updated
- ☐ Prepare and explain family members, specially kids and grandchildren



- ☐ List of helpers names with their tasks, and contact info
- ☐ Have your prescriptions updated and refilled
- ☐ List of medications and instructions printed and posted
- ☐ Water Purifier
- ☐ Designate 1 family member to update your inner circle (Friends, family, church group, work, FB groups)



Stem Cell Transplant Day



Your hospital or clinic will take care of everything you need. We also suggest a few extra items to make your stay more comfortable.



SCT InPatient

This period will be crucial for monitoring your recovery and ensuring that the stem cell transplant was successful.

BASIC CHECKLIST

- ☐ Comfortable Clothing
- ☐ Toiletries
- ☐ Books and Puzzles
- ☐ Electronic Devices
- ☐ Snacks
- ☐ Ear Plugs and Masks
- ☐ Charging Cords
- ☐ Sealed Food
- ☐ Extension Cord
- ☐ Pictures of Family
- ☐ Soft Toilet Paper
- ☐ Heated Blanket



SCT InPatient

EXTENDED CHECKLIST

BATHROOM / BEDDING



- ☐ A&D Ointment
- ☐ Flushable Wipes (LARGE)
- ☐ Dry Mouth Spray
- ☐ Preparation H (Hemorrhoid Cream)
- ☐ Electric Shaver
- ☐ Feminine Products
- ☐ Favorite Toiletries
- ☐ Antibacterial Hand Soap
- ☐ "Magic Mouthwash"
- ☐ Biotene Mouth Rinse
- ☐ Stuffed Animal
- ☐ Skincare Items
- ☐ Soft Toilet Paper
- ☐ Heated Blanket
- ☐ Mattress Pad (Egg Crate Topper)
- ☐ Neck Pillow and Lap Blanket
- ☐ Extra Pillow and Pillowcases
- ☐ Constipation Prevention
- ☐ Twin Size Comforter
- ☐ Lysol Spray

CLOTHING



- ☐ PJ's - Open Front For Port Access
- ☐ Chemo Hats - Cotton
- ☐ Disposable Underwear
- ☐ Extra Underwear
- ☐ Flip Flops / Shower Shoes
- ☐ Gym Shorts
- ☐ Walking Shoes (Laps Around Nurse Station)
- ☐ Jacket /Hoodie Oversized
- ☐ Laundry Bag
- ☐ Comfortable Pants
- ☐ Bathrobe
- ☐ Socks / Booties
- ☐ V Neck Shirts (Port Access)

TO DO



- ☐ Ebooks, Earbuds
- ☐ Coloring Books and Pencils
- ☐ Computer, iPad, Tablet
- ☐ Knitting Set
- ☐ Meditation or Yoga Videos
- ☐ Yoga Mat
- ☐ Word Search / Puzzles
- ☐ Notebook and Pen
- ☐ Streaming Devices
- ☐ Travel Manicure Set
- ☐ Travel Board Games
- ☐ Travel Watercolor Kit
- ☐ Audiobooks or Music
- ☐ Stamped / Addressed Envelopes with Note Cards

MISCELLANEOUS



- ☐ List of Nearby Restaurants for Family
- ☐ Tripod (Watch Movies & Video)
- ☐ Back Scratcher
- ☐ Plug in Scented Wax Warmer
- ☐ Eye Drops
- ☐ Fan & White Noise Machine
- ☐ Decorations- Silk Flowers, Stickies, Pictures
- ☐ Essential Oils- Peppermint (for Nausea)
- ☐ Popsicles
- ☐ Cookies & Crackers / Dry Cereal
- ☐ Flavored Water Mix - Mio Drops
- ☐ Herbal Tea / Ginger (for Nausea)
- ☐ Favorite Snacks
- ☐ Protein Drinks
- ☐ Soups
- ☐ Hard Candy- Peppermint or Lemon Help with Taste From Some IV's

FOOD / SNACKS



SCT OutPatient

After the initial 5-10 days of inpatient care, you will likely be discharged to continue your recovery at home. The first four days at home can involve making some adjustments to your living space to ensure your comfort and safety.

BASIC CHECKLIST

- | | |
|---|---|
| <input type="checkbox"/> Comfortable Clothing | <input type="checkbox"/> Shower Chair |
| <input type="checkbox"/> Barf Bags | <input type="checkbox"/> Toilet Safety Frame |
| <input type="checkbox"/> Books, Puzzles, Movies | <input type="checkbox"/> Emergency Go Bag |
| <input type="checkbox"/> Electronic Devices | <input type="checkbox"/> Parafilm/Cover Seal Port |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Alcohol Wipes |
| <input type="checkbox"/> N95 Masks | <input type="checkbox"/> Walker / Cane |



SCT OutPatient

EXTENDED CHECKLIST

BATHROOM / BEDDING



- ☐ A&D Ointment
- ☐ Adhesive remover (Alcohol pads)
- ☐ Barf bags (home and car)
- ☐ Emergency Go Bag (page 09)
- ☐ Chapstick
- ☐ Cleansing wipes
- ☐ Lysol spray
- ☐ Disposable toothbrush (car)
- ☐ "Magic mouthwash"
- ☐ Biotene mouth rinse
- ☐ N95 masks
- ☐ Sensodyne toothpaste
- ☐ Shower chair and assistance
- ☐ Film to cover port while shower
- ☐ Toilet safety frame lift assist
- ☐ Walker / cane
- ☐ Soft toilet paper
- ☐ Flushable wipes (LARGE)
- ☐ Hand cream

CLOTHING



- ☐ PJ's - Open Front For Port Access
- ☐ V neck shirts (port access)
- ☐ Disposable Underwear
- ☐ Extra Underwear

MISCELLANEOUS



- ☐ Books, eBooks, earbuds
- ☐ Coloring Books and Pencils
- ☐ Laptop, tablet
- ☐ Knitting Set
- ☐ Word Search / Puzzles
- ☐ Eye drops
- ☐ Commode / Bedside / table
- ☐ List of nearby restaurants for family
- ☐ Essential oils- peppermint (nausea)

FOOD/SNACKS



- ☐ Planned breaks for caregivers
- ☐ Hard candy- peppermint or lemon help with taste from some IV's
- ☐ Herbal Tea / Ginger (for nausea)
- ☐ Favorite snacks
- ☐ Protein drinks
- ☐ Popsicles



Post SCT OutPatient



After hospital discharge, you will likely be asked to return to your facility for blood draws, evaluations, and routine checkups from your healthcare team.

These close evaluations will continue until you reach 30 days post-transplant, and the frequency of visits depends on each patient's needs.



Post SCT OutPatient

Checklist for Clinic Visit


- ☐ Adhesive remover (alcohol pads work great)
- ☐ Carry a go bag in case you need to get checked in
- ☐ N95 Face masks
- ☐ Barf bags for car rides
- ☐ Comfortable clothes with front port access
- ☐ Snacks
- ☐ Books, electronics and chargers
- ☐ Bed pads
- ☐ Soft wrap for seatbelt to protect you port
- ☐ Clothing in layers for changes in body temperature
- ☐ Have all your questions for healthcare team prepared before appointment



- ☐ Bed Pads (night sweats)
- ☐ Cleansing wipes
- ☐ Commode /bedside
- ☐ Depends
- ☐ Walker or cane for dizzy days



At Home Days



After a long period of clinic visits and hospital stays, you are finally home. However, these days are also crucial for your recovery and transplant success. During this time, the role of your caregiver or care partner is essential. This section includes suggestions from other care partners to help you stay organized and ensure your best care.

Tracking your symptoms and progress can ease the process for you and everyone involved to have a more manageable experience.



At Home Days

Symptom Tracker

SCT DAY	ANY SYMPTOM TO REPORT?	NOTES



At Home Days

Day Tracker

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100



Caregivers Essentials



Caregivers or care partners are essential in supporting patients during their stem cell transplant journey. This section includes suggestions from other caregivers to help others prepare, stay organized, and provide the best care while taking care of themselves.

The following checklist and recommendations are meant to ease your care partner's process during your hospital stay and make the experience more manageable for everyone involved.



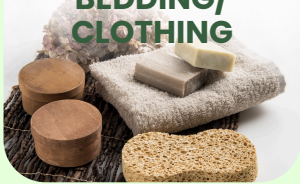
Caregivers Essentials

CHECKLIST FOR CAREGIVERS



- ☐ Designate another person to update friends and family
- ☐ Find restaurants near your hospital or clinic and make a list
- ☐ Notebook for doctor notes and questions only
- ☐ Plan your breaks with other caregivers or nursing staff
- ☐ Sleep aid - sometimes it's hard to sleep
- ☐ Take care of YOU so you can take care of your loved one
- ☐ White noise machine
- ☐ Breathing and meditation techniques might be useful
- ☐ Give the hospital address and room number to friends and family so they can send gifts (check hospital policy items)

BATHROOM/ BEDDING/ CLOTHING



- ☐ Toiletries
- ☐ Change of clothing
- ☐ Comfortable clothes
- ☐ Jacket for cold hospitals
- ☐ Pillow and blanket
- ☐ Warm socks

TO DO



- | | |
|---|--|
| <input type="checkbox"/> Books, Ebooks, Earbuds | <input type="checkbox"/> Notebook and Pen |
| <input type="checkbox"/> Coloring Books and Pencils | <input type="checkbox"/> Streaming Devices |
| <input type="checkbox"/> Computer, iPad, Tablet | <input type="checkbox"/> Travel Manicure Set |
| <input type="checkbox"/> Knitting Set | <input type="checkbox"/> Travel Board Games |
| <input type="checkbox"/> Quiet Activities | <input type="checkbox"/> Travel Watercolor Kit |
| <input type="checkbox"/> Journal | <input type="checkbox"/> Audiobooks or Music |
| <input type="checkbox"/> Word Search / Puzzles | <input type="checkbox"/> Needle work, Sketchbook |

MISCELLANEOUS



- ☐ Travel Mug - Lots of water
- ☐ Tripod (Watch Movies & Video)
- ☐ Personal fan
- ☐ Flashlight or reading lamp
- ☐ Umbrella
- ☐ Personal medications

FOOD / SNACKS

- ☐ Cookies & Crackers / Dry Cereal
- ☐ Flavored Water Mix - Mio Drops
- ☐ Candy for nurses
- ☐ Favorite snacks

