

## Guidelines for Symptoms After Stem Cell Transplant

Areas of Concern	Urgent Medical Help Needed Call Now See numbers below	Important Information for Clinic Call Within 24 Hours See numbers below
<b>Alertness, Consciousness, Activity</b>	<ul style="list-style-type: none"> <li>• New or increased confusion</li> <li>• Change in level of alertness</li> <li>• Change in vision</li> <li>• Falling down</li> <li>• Numbness, tingling in limbs</li> <li>• Dizziness</li> </ul>	<ul style="list-style-type: none"> <li>• Mood changes: irritable, tearful</li> <li>• Sleeplessness</li> <li>• Lethargic</li> <li>• Change in energy level</li> <li>• Tremors/Shakiness</li> <li>• Not able to get around</li> <li>• Problems swallowing</li> </ul>
<b>Bleeding</b>	<ul style="list-style-type: none"> <li>• New or increased bleeding</li> <li>• Bloody urine</li> <li>• Unable to stop nosebleed</li> <li>• Bloody diarrhea</li> <li>• Vomiting blood</li> <li>• Patient falls or is injured</li> <li>• 1 or more feminine pad used per hour</li> </ul>	<ul style="list-style-type: none"> <li>• Frequent controlled nose bleeds</li> <li>• New bruising</li> <li>• Little red or purple spots on the skin</li> </ul>
<b>Breathing</b>	<ul style="list-style-type: none"> <li>• Trouble breathing</li> <li>• Feeling as if they can't get enough air</li> <li>• Trouble breathing when laying flat</li> <li>• Wheezing with breaths</li> <li>• Persistent continuous cough</li> <li>• Coughing blood or green/yellow material</li> </ul>	<ul style="list-style-type: none"> <li>• Gets "winded" more easily with little activity</li> <li>• New or recurrent cough</li> </ul>
<b>Diarrhea</b>	<ul style="list-style-type: none"> <li>• Constant or uncontrolled diarrhea</li> <li>• Diarrhea with fever and abdominal cramping</li> <li>• Stool is bloody, burgundy, or black</li> </ul>	<ul style="list-style-type: none"> <li>• Mild abdominal cramping</li> <li>• New onset diarrhea</li> <li>• Whole pills passed in stool</li> <li>• Greater than 5 times each day</li> </ul>
<b>Fatigue</b>	<ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Too tired to get out of bed or walk to the bathroom</li> </ul>	<ul style="list-style-type: none"> <li>• Fatigue is getting worse</li> <li>• Staying in bed all day</li> <li>• Other symptoms occur with increased fatigue</li> </ul>

### Stem Cell Transplant and Cellular Therapy (SCTCT) Clinic

8:00 am to 4:30 pm Monday through Friday:

**608-915-0100** or **800-323-8942** and ask for the SCTCT Clinic

**After Hours:**

**608-262-0486** or **800-323-8942**

Ask for the SCTCT physician on call

**Call 911 for anything worse than what is listed**

<b>Areas of Concern</b>	<b>Urgent Medical Help Needed Call Now</b> See numbers below	<b>Important Information for Clinic Call Within 24 Hours</b> See numbers below
<b>Fever/Chills</b>	<ul style="list-style-type: none"> <li>• Shaking chills, temperature may be normal</li> <li>• Temperature 38.2°C or 100.4°F or above taken by mouth</li> <li>• Fever 1 degree higher than usual</li> </ul>	<ul style="list-style-type: none"> <li>• New redness or swelling on skin or at central line site</li> <li>• Cold symptoms (runny nose, watery eyes, sneezing, coughing)</li> <li>• New abdominal or back pain</li> <li>• Toothache</li> </ul>
<b>Mouth Pain/ Mucositis</b>	<ul style="list-style-type: none"> <li>• Having trouble breathing</li> <li>• Cannot swallow</li> <li>• Bright red blood in mouth</li> <li>• Pain not controlled by medicine</li> </ul>	<ul style="list-style-type: none"> <li>• White patches or sores appear on gums or mouth</li> <li>• Problems swallowing food or fluid</li> </ul>
<b>Nausea/ Vomiting</b>	<ul style="list-style-type: none"> <li>• Uncontrolled, constant nausea/vomiting</li> <li>• Blood or “coffee ground” appearing material in the vomit</li> <li>• Medicine not kept down because of vomiting</li> <li>• Weakness or dizziness along with nausea/vomiting</li> <li>• Severe stomach pain while vomiting</li> </ul>	<ul style="list-style-type: none"> <li>• Nausea persists without control from anti- nausea medicines</li> <li>• Vomit shoots out for a distance (projectile vomiting)</li> </ul>
<b>Pain</b>	<ul style="list-style-type: none"> <li>• New or uncontrolled pain in body</li> <li>• Headaches not relieved with Tylenol®</li> <li>• Chest discomfort</li> <li>• Pounding heart</li> <li>• Heart “flip-flop” feeling</li> <li>• Burning in chest or stomach</li> <li>• Pain or burning while urinating</li> <li>• Strong stomach pain</li> </ul>	<ul style="list-style-type: none"> <li>• Sores or painful areas on skin or mouth</li> <li>• New pains relieved with pain medicines</li> <li>• Painful central line site or area around catheter</li> <li>• Pain with infusion of medicines or fluids into central line</li> </ul>
<b>Rash</b>	<ul style="list-style-type: none"> <li>• Sudden onset body rash</li> <li>• Rash with severe pain</li> </ul>	<ul style="list-style-type: none"> <li>• New, or changes in skin rash</li> </ul>
<b>Swelling</b>	<ul style="list-style-type: none"> <li>• Sudden swelling with or without pain</li> </ul>	<ul style="list-style-type: none"> <li>• Swollen legs, hands</li> <li>• Swelling around central line</li> </ul>
<b>Urination</b>	<ul style="list-style-type: none"> <li>• Unable to urinate for more than 8 hours</li> <li>• Bloody urine</li> <li>• Painful urination</li> </ul>	<ul style="list-style-type: none"> <li>• Strong odor of urine</li> <li>• Change in color of urine</li> </ul>

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Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7015