

AUTOLOGOUS STEM CELL TRANSPLANT

What to Expect on Your Admission Day

Contact Information

Inpatient Oncology Unit
519-749-4300 x2175

Stem Cell Transplant Nurse Navigator
226-750-9099

**Waterloo Wellington
Regional Cancer Program**
Ontario Health (Cancer Care Ontario)

What Happens on Admission Day?

1. The **hospital will call you** between **10am and 11am** to confirm that your bed is ready.
2. You will go to Waterloo Regional Health Network (WRHN) and enter through the **Main Entrance (Picture 1)**.
3. You will check in on the **inpatient oncology unit** found on the **6th floor (6AB) of GRH**. Your check in time is **8pm**.
4. A Registered Nurse will meet you at the **check-in desk (Picture 2)** and show you to your room.



Picture 1: Waterloo Regional Health Network, Main Entrance



Picture 2: Inpatient Oncology, check-in desk

A Registered Nurse will:

- Check your vital signs (like blood pressure and oxygen levels)
- Check your height and weight
- Ask about your health history
- Ask about symptoms you may have

You will meet other members of your transplant team the next day.

Treatment During Your Admission

While you are in hospital you will get:

- Conditioning chemotherapy (treatment to prepare you for the transplant)
- Stem cell transplant
- Post-transplant care

You will be watched closely by your transplant team. They are there to support you, and answer any question you or your care partner may have.

What Should I Bring With Me?

Changes to Prescription Drugs

Before your admission day you will meet with your pharmacy team. They will go over all of your current and new drugs in detail. If there have been any changes to your drugs by the time you are admitted, **bring those drugs with you.**

Personal Items

This could include things like:

- Toothbrush and toothpaste
- Deodorant (lightly scented)
- Hair brush
- Books, iPad or tablet
- A notebook to write down information and questions

Clothing

If you want to wear your own clothing during your stay, choose:

- Shirts that open at the front
- Large t-shirts that can be easily taken on/off

What Should I Leave at Home?

- Items that are very important to you or that cost a lot of money (e.g. jewelry, wallets, heirlooms)
- Items that have a strong scent or smell (e.g. perfume, cologne, body spray; Waterloo Regional Health Network is a scent free space)
- Fresh flowers and/or plants
- Latex balloons

Services You Have Access to in Hospital

During your stay on the inpatient oncology unit you will have access to:

- Free Wi-Fi through the GrandServe network; Ask your nurse if you need help logging on
- 3 hospital meals per day

Use this resource for your information only. It does not replace medical advice from your doctor or other health care professionals.

