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Bone marrow transplant late effects clinic

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Bone Marrow Transplant Unit
Information for Patients

What are late effects?

Having a stem cell transplant can have a long-term impact on your health and wellbeing. The treatments we used in your bone marrow transplant treatment such as the chemotherapy, radiotherapy and steroids may lead to long-term side effects that may not develop until months or even years after your treatment has finished.

The late effects programme is designed to monitor your health for any of these long term side effects.

Most people don’t develop any Late effects however this clinic allows us to monitor you and catch any problems early making them much easier to treat.

Common late effects can include problems with:

- fertility
- early menopause
- skin
- eyes (Cataracts)
- bones
- thyroid and other glands
- lungs
- heart
- hormone Levels
- secondary cancers

Emotional Support

We also recognise that psychological concerns are also common after having a bone marrow transplant. The late effects clinical nurse specialist (CNS) can help to provide useful and practical support and can signpost you to support services you may find helpful.

About the late effects clinic

You will be referred to the Nurse-led late effects clinic by your transplant consultant once they are happy with your progress and meet the following criteria:

· 3 years post allogeneic stem cell transplant

· In a stable condition and all acute problems resolved

· Have no or minimal Graft Verses host Disease (GvHD)

This means your condition has stabilised to the point that you are a “survivor” rather than a patient, so you will be discharged from the medical clinic.

You will be invited to attend the clinic once a year. You will be given the option to either attend a virtual appointment or an appointment face-to-face on the Cellular Therapy Suite.

Virtual appointments:

A pack will be sent to your home with a list of blood tests that will be required, these will include a full blood count, kidney and liver function, iron levels, vitamin D level, thyroid, and hormone levels and a glucose test. You will also get a urine sample bottle. You will then need to get your blood tests taken at your GP surgery and take a urine sample with you in the bottle provided. If you have chose this option we will ask you to notify the Hambleton suite once the blood has been taken so that they can be followed up by the CNS who will review the tests. The CNS will then undertake a telephone consultation where a Health questionnaire will be filled in. The results of the blood tests take a while to come back and will be reviewed by the CNS and doctors. A letter will be sent to you and your GP with the outcome of your late effects test.

Face-to-face appointment:

At the appointment your height and weight will be measured and your blood pressure will be taken. You will be given a bottle for a urine sample and blood tests will be taken. The blood tests will test your full blood count, kidney and liver function, Iron levels, vitamin D level, thyroid and hormone levels and a glucose test. The CNS will then complete a form asking you about your general health. The results of the blood tests take a while to come back and will be reviewed by the CNS and doctors. A letter will be sent to you and your GP with the outcome of your late effects test.

What will the late effects clinic offer?

This clinic will allow you the opportunity to discuss any concerns you may have about your health or quality of life after transplant. It will allow us to monitor your overall health and wellbeing after

your transplant and identify any potential late effects early. The CNS can also refer you back into the consultant led clinic if necessary.

Who should I contact if I have any questions or concerns?

Cellular Therapy Suite:

Mon– Fri 9am-5pm

Tel: 0116 258 5124

Bone Marrow transplant CNS:

Mon– Fri 9am-5pm , Answer phone available

Tel: 07773667334

Bone Marrow transplant Unit (BMTU):

24 Hours

Tel: 0116 258 5698

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
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જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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