

# G-CSF and plerixafor treatment

Bone Marrow Transplant Unit

Produced: Dec 2024

Information for patients

Review: Dec 2027

Leaflet number: 522 Version: 6

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## Important dates

Outpatient appointment for counselling

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Date to start G-CSF / dose

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Date to attend for stem cell collection (at 8.30am)

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Date and time of plerixafor dose (as necessary)

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## Introduction

Your medical team has decided that you would benefit from having high dose therapy and stem cell transplantation. We hope that this booklet will help you understand how the stem cells will be collected, in order for them to be transplanted at a later date.

Medical research has shown that G-CSF (often combined with plerixafor) is one way of enabling us to collect stem cells from the blood. G-CSF is a growth factor that is used to increase stem cell production. Plerixafor helps to release the stem cells from the bone marrow. You will be given further information about G-CSF and plerixafor and possible side effects.

Having signed a consent form and agreed to this treatment, you will have blood tests, including testing for viruses. This will give us information about viruses you may have had in the past, and also routine elimination of serious viruses such as hepatitis and HIV.

We are not allowed to store stem cells unless we have this information, and your doctor will have explained the reasons for this.

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**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Your treatment schedule

There are three different schedules to move the stem cells into the blood so they can be collected. Sometimes, after the results of a blood test, you may be moved from one schedule to another. You will be informed of the reasons for this if it happens.

### Schedule 1 (G-CSF only)

Day 1

(Date .....

You will start your daily injections of G-CSF at 6pm. You may wish to give the injections yourself, and your nurse will teach you how to do this. Or, we can arrange for your district (community) nurse to give the injections.

**Day 5**

(Date .....

You will be asked to come to Osborne Treatment Centre (OTC), on level 2 of the Osborne Building at Leicester Royal Infirmary at 8:30 am. Bring any unused G-CSF injections with you. A blood test will be taken to assess whether your blood count is at a suitable level for stem cell collection. If it is, then you will have your stem cell collection.

### Schedule 2 (G-CSF and additional plerixafor)

If the blood test on Day 5 above shows that your blood count is not at a suitable level for collection to take place, you will need to stay at the hospital so that the nursing staff can give you a dose of plerixafor between 5pm and 6pm. You will be asked to stay for 30 minutes afterwards before going home. You will need to come to Osborne Treatment Centre (OTC) the following morning when you will have a dose of G-CSF before the stem cell collection starts. You will need to stay at the hospital so that the nursing staff can give you this injection at about 5pm. You will be asked to stay for 30 minutes afterwards before going home.

### Schedule 3 (G-CSF and plerixafor)

**Day 1**

(Date .....

You will have G-CSF at 10am at home on Day 1, then every day at 10 am.

**Day 4**

(Date .....

You will have G-CSF at 10am at home, and then come to Osborne Treatment Centre (OTC) between 5pm and 6pm for your first dose of plerixafor. You will be asked to stay for 30 minutes before you go home.

**Day 5**

(Date .....

You will be asked to come to Osborne Treatment Centre (OTC) on level 2 of the Osborne Building at Leicester Royal Infirmary at 8:30 am. Bring any unused G-CSF injections with you. A blood test will be taken to assess whether your blood count is at a suitable level for stem cell collection. If it is, then you will have your stem cell collection.

## How are the stem cells collected?

Stem cell collection is carried out using a cell-separating machine. The machine takes blood out of a vein, spins it to separate the components and collects the stem cells into a bag. The remaining blood is then returned back to you via a different vein.

The stem cell collection will take approximately four hours and needs good access to two different veins or a functioning skin-tunnelled line.

You should expect to come for this procedure on two consecutive days, in order for us to obtain adequate numbers of cells for the transplant.

You should not feel unwell during or after the procedure, but should arrange for a responsible adult to take you home in a car or taxi. You should expect to be at the hospital for most of the day.



## Cell storage

Your cells will be stored in an accredited facility, approved by the Human Tissue Authority. Whilst every care is taken to ensure your cells are transported and stored safely, we cannot be held responsible for events outside our control (for example: road traffic accidents or power failure) that may result in the loss of your cells.

Cells will be stored until required for your treatment, or up to five years. The need for continued storage will be kept under review.

Your cells will be destroyed in the event of your death, or after five years in storage if your doctor decides they are no longer of any benefit to you. You will be issued with a form telling you what cells are stored on your behalf.

If any cells are used in your treatment, or destroyed after five years, you will be sent an updated form. If you move house, please inform the laboratory using the details on the form.

## **Emergency contact number (24 hours a day, 7 days a week)**

Telephone: 07931 865272

## **Other useful contact numbers**

If you have any questions at any time during the whole process, please phone the following numbers, according to the hospital you normally attend.

### **Leicester Royal Infirmary**

#### **Hambleton Suite**

Telephone: 0116 258 5124

Monday to Friday, 9am – 5pm

#### **Osborne Treatment Centre (OTC)**

Telephone: 0116 258 5263

Monday to Friday, 8.30am - 6pm, Saturday 8.30am - 4.30pm

#### **Haematology Ward (Ward 41)**

Telephone: 0116 258 5088 or 258 6832

24 hours, 7 days a week

#### **Bone Marrow Transplant Unit**

Telephone: 0116 258 5698

24 hours, 7 days a week

### **Northampton General Hospital**

#### **Haematology Clinic**

Telephone: 01604 545031

Monday to Friday, 9am-5pm

#### **Talbot Butler Ward**

Telephone: 01604 545334

24 hours, 7 days a week

### **Kettering General Hospital**

#### **Centenary Wing**

Telephone: 01536 493638

Monday to Friday - Fri, 9am-5pm

#### **Lilford Ward**

Telephone: 01536 492834

24 hours, 7 days a week

## Frequently asked questions

### Is the collection always successful?

No, in about 10% of patients we cannot obtain enough cells for transplantation to go ahead. If this happens you will be given an appointment with the Transplant Team to come and talk about the other options available to you.

### Will I have any side effects whilst I am attached to the cell-separating machine?

Possible side effects include:

- A headache
- A tingling sensation (caused by a low level of calcium in your blood)
- Pain at the site of the needles

### What should I do if I feel unwell after my treatment, for example if my anti-sickness tablets are not working?

Please contact us immediately using the telephone numbers in this leaflet.

## Sources of further information

### Macmillan Information and Support Centre

Osborne Building, Leicester Royal Infirmary, Leicester LE1 5WW

Telephone: 0116 258 6189

Email: [cancerinfo@uhl-tr.nhs.uk](mailto:cancerinfo@uhl-tr.nhs.uk)

Website: [leicestershospitals.nhs.uk/cancerinfo](http://leicestershospitals.nhs.uk/cancerinfo)

### Sue Young Cancer Support

Helen Webb House, 35 Westleigh Road, Leicester LE3 0HH

Telephone: 0116 223 0055

Website: [www.sueyoungcancersupport.org.uk](http://www.sueyoungcancersupport.org.uk)

### Macmillan Cancer Support

Freephone: 0808 808 00 00

Website: [www.macmillan.org.uk](http://www.macmillan.org.uk)

### Bloodwise

Telephone: 0808 2080 888

Website: [www.bloodwise.org.uk](http://www.bloodwise.org.uk)

### Lymphoma Action

Telephone: 0808 808 5555

Website: [www.lymphoma-action.org.uk](http://www.lymphoma-action.org.uk)

### Leukaemia Care

Telephone: 08088 010 444

Website: [www.leukaemiacare.org.uk](http://www.leukaemiacare.org.uk)

### Myeloma UK

Myeloma Infoline 0800 980 3332

Website: [www.myeloma.org.uk](http://www.myeloma.org.uk)

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)



Leicester's Hospitals is a research active trust so you may find research happening on your ward or in your clinic. To find out about the benefits of research and become involved yourself, speak to your clinician or nurse, call 0116 258 8351 or visit [www.leicestersresearch.nhs.uk/patient-and-public-involvement](http://www.leicestersresearch.nhs.uk/patient-and-public-involvement)