Stem Cell Collection
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What are stem cells?
Stem cells grow and divide in the bone marrow. They become mature red and white blood cells or platelets.

Stem cell collections
- In order for you or a sibling (brother or sister) to have a stem cell transplant, the stem cells must go through a “collection process”.
- The collections are done in the Medical Day Unit 4th floor Victoria General site.
- Each collection will take about 4-6 hours. Your doctor will decide how often and how many visits are needed. There are usually between 2-5 collections.

Getting ready
- You will get a time to come for your first collection.
- A medication will be given by injection for 5 to 10 days before the collections start. This is to help your bone marrow make extra blood cells. The extra blood cells will then move from your bone marrow into your blood stream.
• Eat and drink extra dairy products the day before and during the day of the collections. Examples include yogurt, milk, and beverages fortified with calcium. The best cheese choices are cheddar, swiss, or mozzarella cheese. These foods are high in calcium. During the collections, you will get a medication to keep your blood from clotting in the machine. This medication also lowers your calcium for a short period of time.

• Get plenty of rest.

The day of the collection

• Take your usual medications.

• Wear comfortable clothing.

• Eat your regular meals before the collections unless you are told otherwise by your doctor. We will give you lunch in the Unit.

• You will be asked to sign a consent form before the collections.

• If you are receiving injections of Neupogen® (G-CSF) bring it with you. The nurse in the Unit will give you your daily injection if you wish. You can store these medications in the fridge on the Unit.

• Your family member/friend can stay with you. We welcome your family to our Unit. Sometimes the Unit gets busy or crowded, so please be patient and understanding if staff do need to place restrictions on visiting.
How is a stem cell collection done?
The machine that you will be connected to has a spinning motion that separates your blood. The stem cells are targeted and collected. The rest of the blood is returned to your body.

• A needle will go in each arm. One needle removes blood (a small amount at a time) that goes through a machine. The other needle returns your blood, minus the stem cells. If you are donating for yourself or your veins are small, the doctor will place a special intravenous catheter (a small tube) into an area on your chest. Blood will be returned to you through this tube.

• Tell the nurse if you feel “different”, weak, dizzy, or “funny” during the collection.

• The nurse will be with you at all times. A doctor is always close by.

Are there any side effects from the collection?
• You may feel tired and need some rest after the collection.

• Some people may also feel:
  › Dizzy and/or light-headed
  › Cold
  › Sick to their stomach

• Some people feel a tingling around their mouth and face that may spread to their neck and arms. This is caused by the medication used to keep your blood from clotting. It is very important to let the nurse know right away if you have any of these symptoms. We can treat the symptoms.
After stem cell collections

• If your arm veins were used for the treatment, check the needle sites for bleeding and/or swelling. If more bleeding happens, apply pressure to the site for 5 minutes. Do not take off the Band Aid™. Apply ice wrapped in a cloth to a bruised or swollen area for 15 minutes at a time.

• If you are an out-patient, it is best to have someone drive you home.

• Keep the Band-Aid™ on for 6 hours. Keep it dry.

• Avoid strenuous (hard) exercise for 24 hours.

• Eat your regular meals.

• Do not smoke for about 2 hours after your collection.

• Do not drink hot liquids for 1-2 hours after your collection.

• Lie down if you feel dizzy or faint.

• Go to your Emergency Department if symptoms persist (don’t go away) or bother you.

If you have any questions, please ask.
We are here to help you.
Notes:
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*Please do not use perfumed products. Thank you!*

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