

Patient information - medicines on discharge

Chimeric antigen receptor T-cell (CAR-T) therapy

Affix patient label here:

CAR-T product name:.....

Date of CAR-T Cells (day 0):

Date of discharge:

Updated:

**Please bring this booklet with you every time you
come to the hospital.**

Who to contact if you have any concerns about your medicines

- **If you feel unwell**, you should contact the **CAR-T clinical nurse specialist (CNS team) 'hot phone'** on **07717 138754**. This is available **Monday to Friday, 9am to 5pm**.
- **If you are unwell outside of these hours**, contact the Acute Oncology Service (AOS) emergency phone.
- If you have a life-threatening emergency call **999**.

Tell any healthcare professionals treating you that you have had CAR-T cell treatment.

CAR-T clinical nurse specialist (CNS) team 'hot phone'
07717 138754, available Monday to Friday 9am to 5pm

Oncology pharmacy
023 8120 6668, available Monday to Friday, 8.30am to 5pm

BMT and cellular therapy office
023 8120 8481, available Monday to Friday, 9am to 5pm

Southampton medicines advice helpline
023 8120 6907, available Monday to Friday, 9am to 6.30pm

Acute oncology service (emergency phone)
023 8120 1345, available 24-hours, 7 days a week

Take all your regular medicines as advised unless you are directed otherwise by your CAR-T team. Page 3 of this leaflet details your CAR-T treatment related medicines.

Name of drug	Strength	Directions	Indication and notes
Aciclovir	400mg	Take 400mg TWICE a day	Ongoing antiviral use (varying strengths tablets may be supplied)
Omeprazole	20mg	Take ONE 20mg capsule each morning	Can be discontinued when stomach symptoms resolve
Metoclopramide	10mg	Take ONE 10mg tablet THREE times a day	When needed for sickness
Levetiracetam	250mg	This will be a reducing regimen, directed by the team	To prevent seizures
Only take when instructed by your CAR-T team:			
Filgrastim (G-CSF)	300mcg	This will be varying and directed by the team	Injection to boost immune cell recovery. Store in the fridge
Co-trimoxazole	960mg	Take 960mg ONCE a day on Monday, Wednesday, Friday	Prevention of pneumonia (PCJ)

Pentamidine nebuliser

This is to prevent fungal infection
(Pneumocystis jirovecii pneumonia; PCJ).

Last dose administered on:

- This will provide protection from PCJ lung infection for one month. Ongoing PCJ prevention will be discussed at your post-CAR-T outpatient appointment.

Corticosteroids

In general, do not take steroids for the first 90 days following your CAR-T infusion unless your CAR-T team are aware and have told you it is safe.

If you have any questions about anything in this booklet please contact your CAR-T clinical nurse specialist (CNS) team on 07717 138754, Monday to Friday 9am to 5pm.

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**