



Discharge from the Inpatient Hematology/Oncology Service

Self-care and numbers to call

This handout gives information for you to use at home after you are discharged from the Inpatient Hematology/Oncology Service at University of Washington Medical Center (UWMC).

Your clinic oncologist is:

For Appointments

To make an appointment, or to ask questions about a scheduled appointment, please call your Team Coordinator:

Name: _____

Phone: _____



*University of Washington
Medical Center*

Home Infusions and Line Supplies

If you receive line supplies from a home infusion agency and have any questions about these supplies, please read the information the agency gave you.

Risk of Infection

White blood cells (WBCs) help protect your body from infection. Chemotherapy can decrease your numbers of the WBCs called *neutrophils*. This blood condition is called *neutropenia*.

If you have neutropenia, you are at higher risk for getting infections.

To help prevent infections:

- Wash your hands often with soap and warm water, especially before eating and after using the bathroom. Or, you can use a hand gel that contains at least 60% alcohol.

- Avoid crowds, people who are sick, and children who have recently received vaccines. Talk with your doctor about how long you should avoid children who were recently vaccinated. The length of time varies depending on the vaccine.
- Get your flu vaccine and ask your caregivers to get theirs, too. Avoid nasal spray vaccines.
- For at least 2 weeks after leaving the hospital, avoid contact with people who have received nasal vaccines.
- Clean items you use often with disinfectant wipes. This includes phones and computer keyboards.
- Avoid touching your eyes, nose, mouth, and central line, especially if your hands are not clean.
- Take good care of your teeth and gums. Use a soft toothbrush and brush and floss your teeth gently.



Scan this QR code with your phone camera for a Fred Hutch Cancer Center video on “How to Flush Your Central Line (saline only).”



Scan this QR code with your phone camera for a Fred Hutch Cancer Center video on “How to Protect Your Central Line When Showering.”

Central Line Care

Your central line dressing will be changed on: _____

- Clean your central line as instructed. Dressings for central lines must be changed weekly. Talk with your Fred Hutch Clinical Nurse Coordinator if you need your dressing to be changed.
- Flush both lumens of your tunneled central line with 10 mL saline once a day and after each use.
- Shower or bathe every day and protect your central line:
 - Cover the claves of your central line with Parafilm.
 - Cover your line with Aquaguard, Saran Wrap, Press n Seal, or a shower sleeve.
 - If you are using a Curo cap, make sure the Parafilm covers both the Curo cap and the clave connection.
- Scan the QR codes on the left to watch videos with instructions for flushing your central line and protecting it while showering.

Fever

A fever is often the first sign that your body is fighting an infection. While you are on chemotherapy, a fever can be a sign of a serious health problem that needs attention right away. You may need to receive life-saving treatment.

Closely monitor your temperature (preferably by mouth) while you are on chemotherapy. To do this, take your temperature:

- 2 times a day, in the morning and at night
- Any time you feel hot or cold or have shaking or chills.

Call a member of your care team right away if you have:

- Fever higher than 100.9°F (38.3°C) by mouth
- Fever higher than 100.2 °F (37.8° C) with an axillary (under the arm) thermometer
- Fever higher than 100.4°F (38°C) by mouth for more than 1 hour
- Fever higher than 99.9°F (37.5°C) with an axillary thermometer for more than 1 hour
- Fever more than 1 degree higher than normal if you are taking steroids such as prednisone or dexamethasone
- Shaking chills (even if your temperature is normal)

If you have a fever:

- You must call your care team. If you have a fever at night, do not wait until morning to call.
- Your care team may tell you to go to an Emergency Room (ER). Follow their instructions. If you have had chemotherapy recently, tell the nurse who greets you at the ER.

Other Health Concerns

For more details about symptoms and home care, please read your Fred Hutch Cancer Center (FHCC) Patient Care Manual.

Urgent Concerns

If you have any of these symptoms, call a member of your care team **right away**:

- Changes in your central line site, such as redness, swelling, pain, or drainage
- Changes in urine color, pain or burning while urinating, or not being able to urinate for more than 8 hours
- New cough or shortness of breath

- Nausea or vomiting that is not controlled with anti-nausea medicine
- Diarrhea more than 5 times in a day
- Problems taking your prescribed medicines
- New or different pain
- New or increased bleeding or bruising
- Headache or dizziness
- Change in your ability to think clearly
- A fall, especially if you hit your head

Who to Call

This table shows who to call based on the day and time you are calling:

If You Are Calling	Call This Number
Weekdays, 8 a.m. to 5 p.m.	Your Fred Hutch Clinical Nurse Coordinator: Name: _____ Phone: _____
Weekdays, 5 p.m. to 10 p.m. Weekends, 8 a.m. to 6 p.m. Holidays, 8 a.m. to 5 p.m.	Fred Hutch Triage: 206.606.2111
Weekdays, 10 p.m. to 8 a.m. Weekends, 6 p.m. to 8 a.m. Holidays, 5 p.m. to 8 a.m.	UWMC paging operator: 206.598.6190 Ask for the Hematology/Oncology Fellow on call to be paged. Give them your phone number and the Oncology Fellow will return your call.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.