

*“Important information for when
you finally get to return home.”*

— BMT Survivor

CHAPTER 13



Going Home

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Going Home

Heading home after your transplant can be a very exciting time. Be sure to read the sections below so that you can be ready to return home to an environment that is both healthy and supportive of you.

Clean your home

Because your immune system will be very weak during your recovery and up to a year after your transplant, it is important to have a clean home to return to after transplant. You may wish to arrange ahead of time to have your house cleaned.

- **Carpets** - Carpets and rugs should be carefully vacuumed. Carpets with visible soiling need to be shampooed.
- **Drapes/Furniture** - Clean drapes, blinds and furniture.
- **Air Conditioner/Furnaces** - Change filters in air conditioners and furnaces.
- **Humidifier** - Turn off humidifiers.
- **Bathroom** - All toilets, showers, counters, sinks and tubs should be cleaned.
- **Home Repairs** - Do not remodel your home or do major repairs such as opening up any walls or pull up old carpet at this time. This activity can cause mold spores to be released into the air.
- **Plants** - Remove fresh or dried flowers from your home. You may have to remove house plants. Please speak with your doctor.

Pets

If you have pets, you will need to make arrangements for their care while you are in the hospital and possibly after your transplant as well. After your transplant, most indoor pets that you had before will be able to remain with you with a few exceptions. You may need to find new homes for pets such as reptiles and some birds. If you have barnyard animals, such as horses, you may need to avoid contact with them as well. Talk with your doctor for more information.

Visitors

When you return home, many of your friends and family may want to visit you. While their visits are meant to cheer you up, they may also put you at risk for infections. To protect yourself you will need to be very clear with your visitors about how they can keep you safe. Remind them about universal precautions — frequent hand washing, not visiting if they have been sick or exposed to someone who has been sick. Your caregiver can also help by screening guests and making sure that you received guests only when you are feeling well enough to have company.