TRANSPLANT CAREGIVER DISCHARGE PLANNING FOR EVERYDAY NEEDS- SHOPPING LIST REFER TO THE BLOOD AND MARROW STEM CELL TRANSPLANTATION GUIDE

Preparing your home Chp.13

Cleaning your home:

□ Carefully vacuum all carpets, furniture and drapes. Shampoo if soiled.

□ Change all air filters and turn off humidifiers.

□ Buy new cleaning supplies (gloves, sponges, wipes) to keep your bathrooms, kitchen clean at all times.

Pets:

□ Talk to your doctor about any pets you have at home.

Visitors:

□ Remind your visitors to wash their hands and not to visit if they are sick.

□ If you have children: ensure they are clean (showered, clean clothing) before any contact.

Shopping:

□ Talk to your case manager, social worker, and nurse about how to prepare your home before your patient comes home. Begin your shopping list:

Grocery shopping list Chp.12

Preparing meals:

□ Make sure you have antibacterial soap to wash hands before preparing meals.

□ Clean all cutting boards and counter tops.

□ Wash all pots, dishes, utensils with very hot soapy

water, rinse very good, and let them air dry.

□ Wash all fresh fruits and vegetables.

Food safety:

□ Cook all meats and white meats to safe internal temperatures.

Buy only pasteurized cheeses.

□ Buy only pasteurized egg products.

Shopping:

□ Talk to your dietician about meal planning. Begin your shopping list:

Daily Precautions and Self-Care Chp. 11

Taking your medicines:

 Keep track of the names and instructions for each medication.
Use a phone application or a medicine diary to keep track.
Always check with your doctor before you stop taking any medicines.
Store all medicines properly, avoid very warm, moist areas.

Other needs:
□
□
□
□
□
□