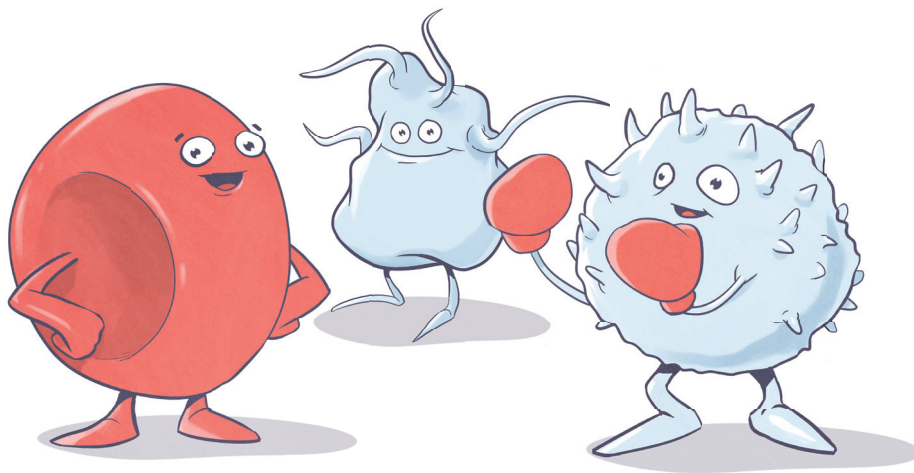


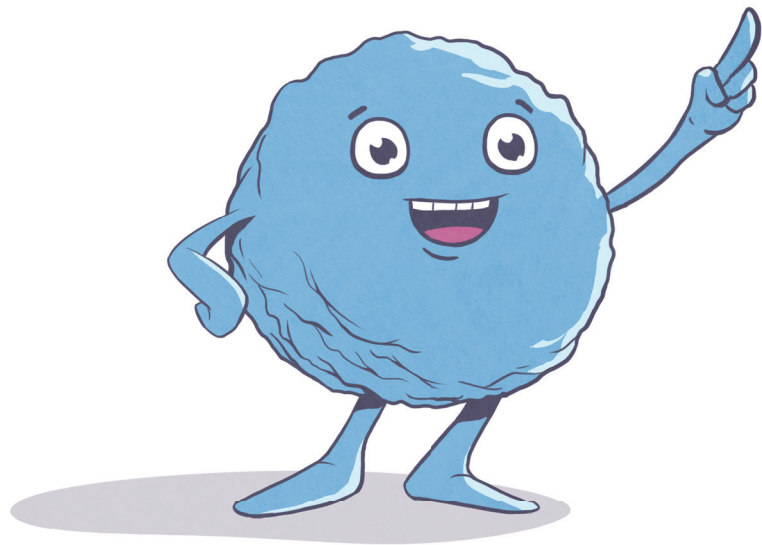
Stem Cell Transplant

Prep Book

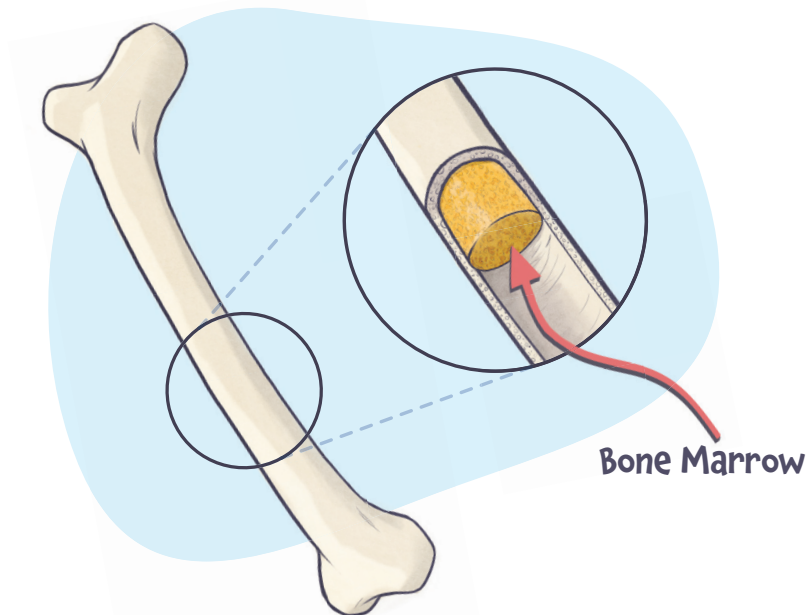


by **UC Davis Child Life**

Hi there, I'm Sam the Stem Cell. Today we are going to talk about a **stem cell transplant**. But before we do, we need to learn about a few things inside of your body. Let's start with **bone marrow**!

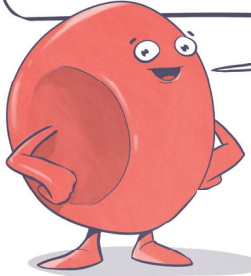


Inside your bones, there are soft and spongy parts. This is called **bone marrow**. Bone Marrow is like a cell making factory.



The cells made inside your bone marrow are called **stem cells**! These cells are transformer cells. They can become any type of blood cell your body needs. There are three types of blood cells...

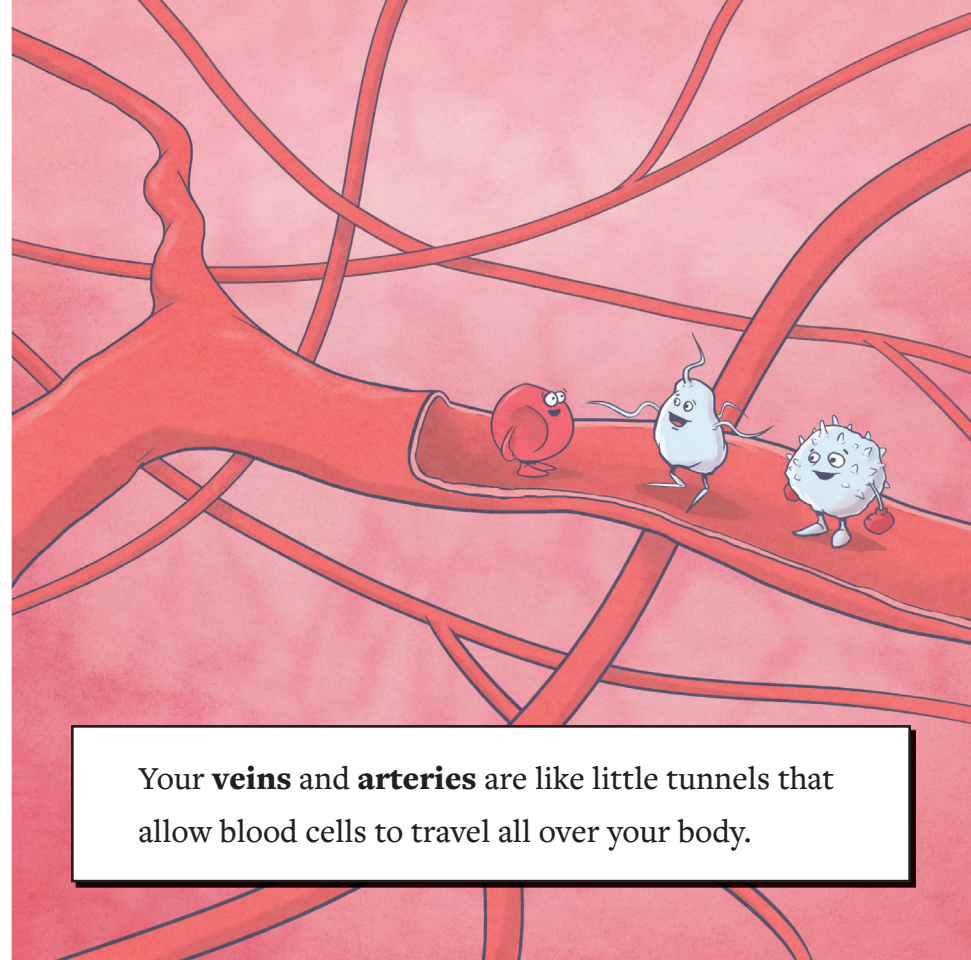
I'm a red blood cell.
I carry oxygen all over your body to give you energy.



I'm a platelet.
I help your body to stop bleeding.



I'm a white blood cell.
I fight and protect your body from germs.



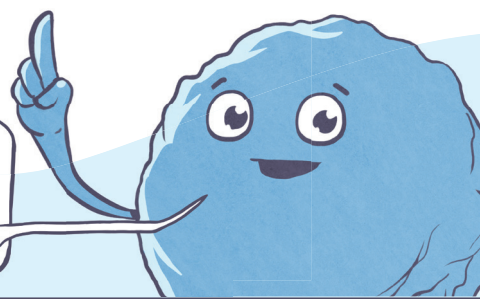
Your **veins** and **arteries** are like little tunnels that allow blood cells to travel all over your body.

Now that we understand what bone marrow and stem cells are, let's learn about a **stem cell transplant**.

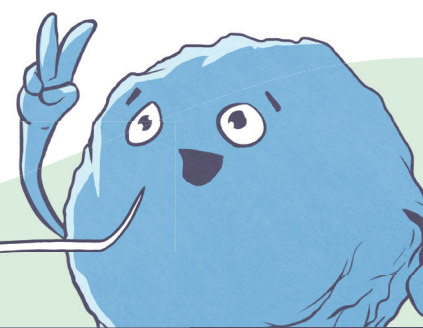
When you need **stem cells**, it means that your bone marrow is not working correctly, or it is sick.

Transplant means getting something **new**. The new stem cells will replace the sick bone marrow to make healthy blood cells for the body.

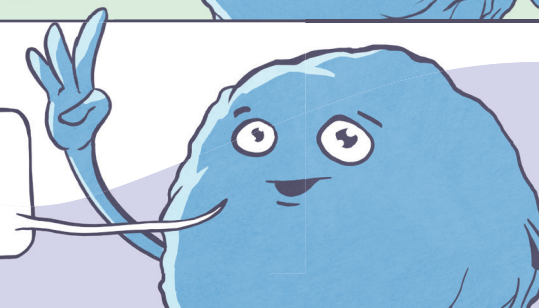
There are a couple steps that are completed before your body can receive new stem cells.



First, you'll get chemotherapy...

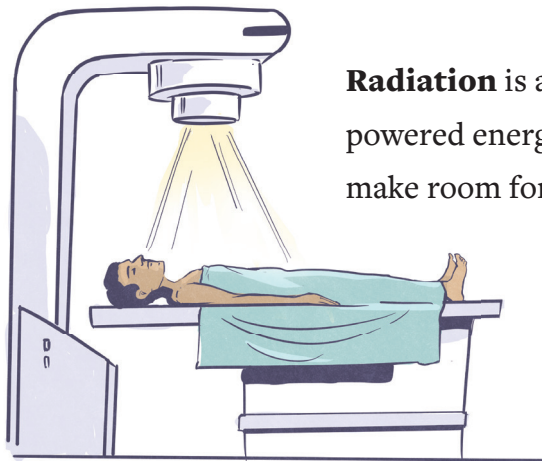
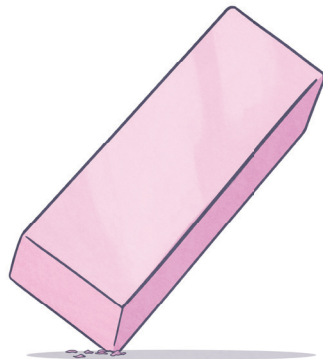


You may or may not get radiation...



Then it is time for your transplant.

Chemotherapy, sometimes called “**chemo**” for short, is a strong medicine that erases your bone marrow and stem cells to make room for new, healthy cells.



Radiation is a beam that uses high powered energy to help your body make room for new healthy cells.



You might feel **tired**



Your **hair** may start to **fall out**

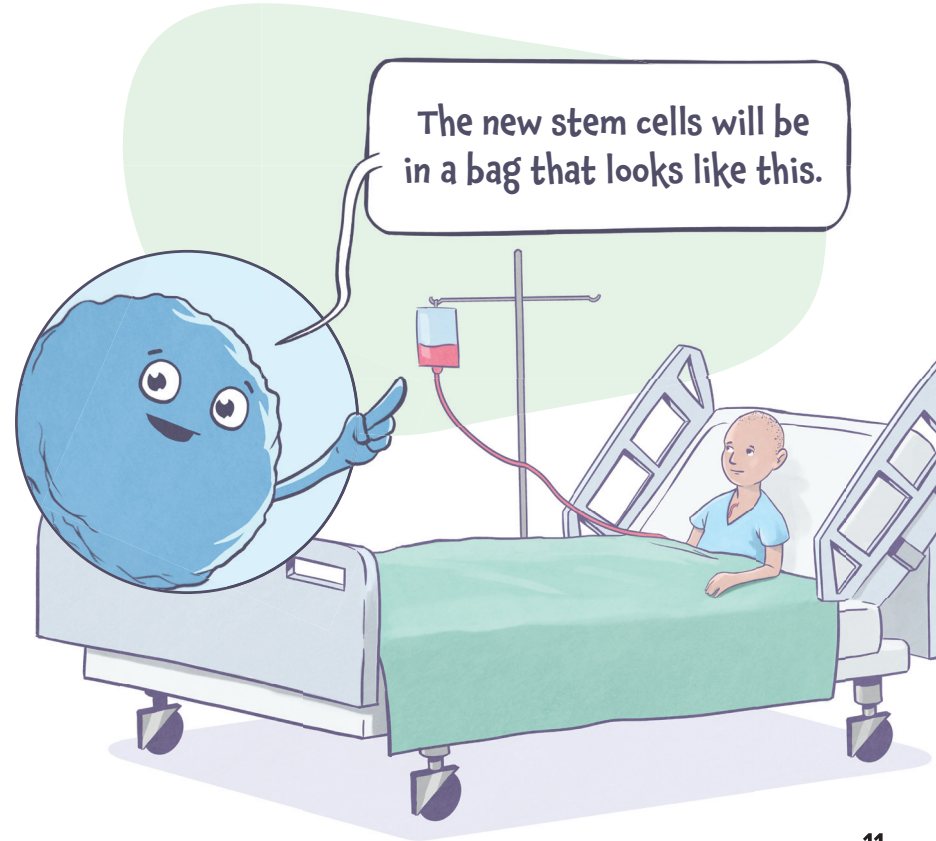


Your **mouth and throat** may feel **sore**

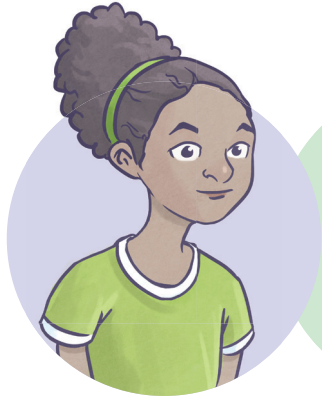


Your **stomach** might feel **upset**

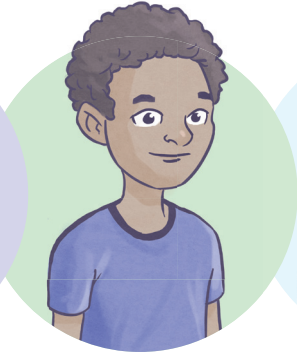
On the day of your **stem cell transplant** you will get new cells through the medicine tube on your chest. The new stem cells will travel into your bones and start growing new, healthy blood cells.



So where did your new bone marrow come from?
Everybody has different bone marrow, so doctors do a lot of tests to find the best match for you. A match can come from:



You



A family
member



Someone you
don't know

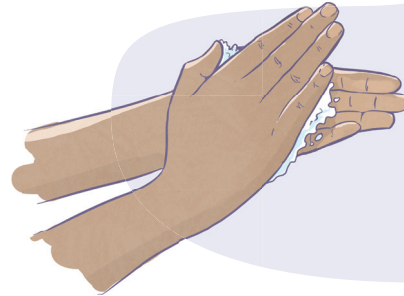
After your transplant, your new stem cells need time to make healthy cells. While your body is working hard to do this, you will stay in the hospital.



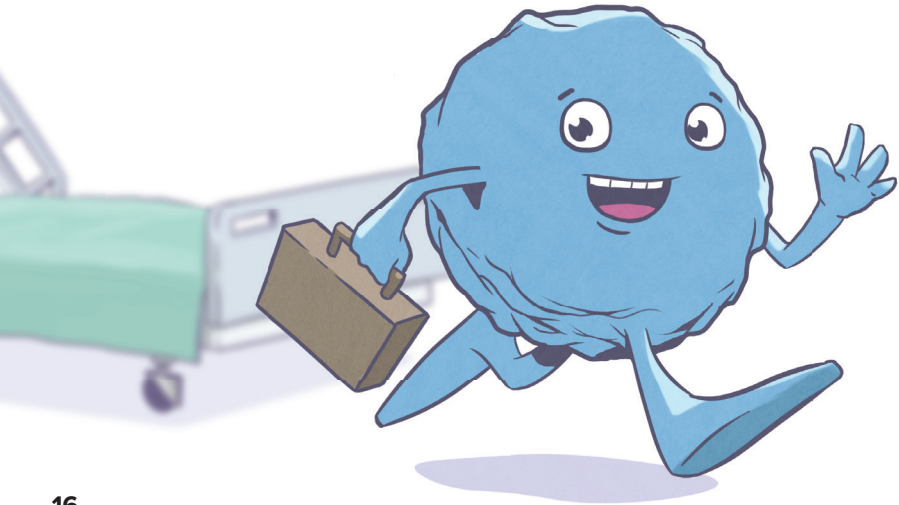
What activities can you do in the hospital?



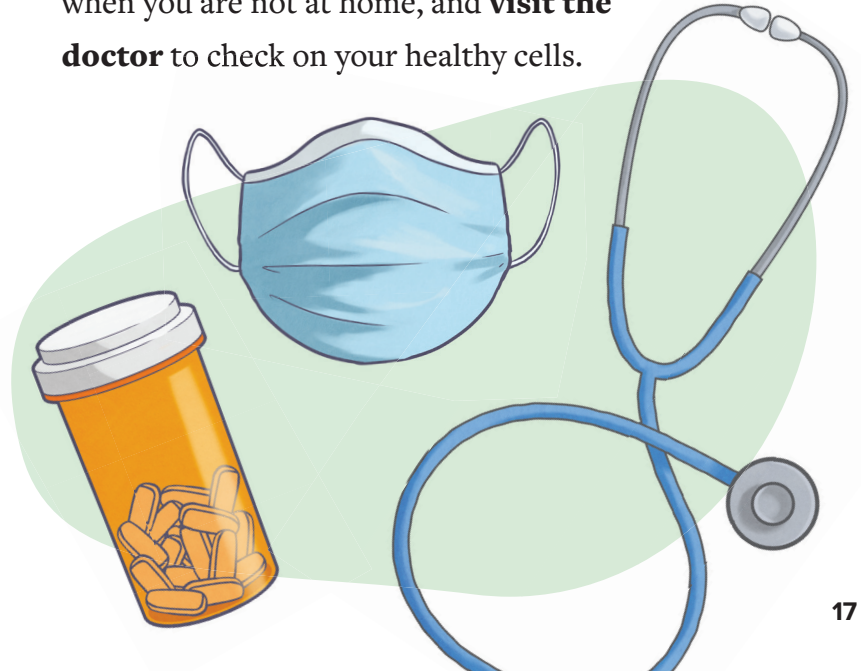
Remember, your body is working hard to grow new, healthy cells. You will need to keep your body extra safe while your new blood cells are growing. To protect your body, you will need to stay in your room. Everyone that comes into your room will need to **wash their hands**. Some people may wear **masks**, **gloves**, or **gowns**. This way, everything can stay super clean!



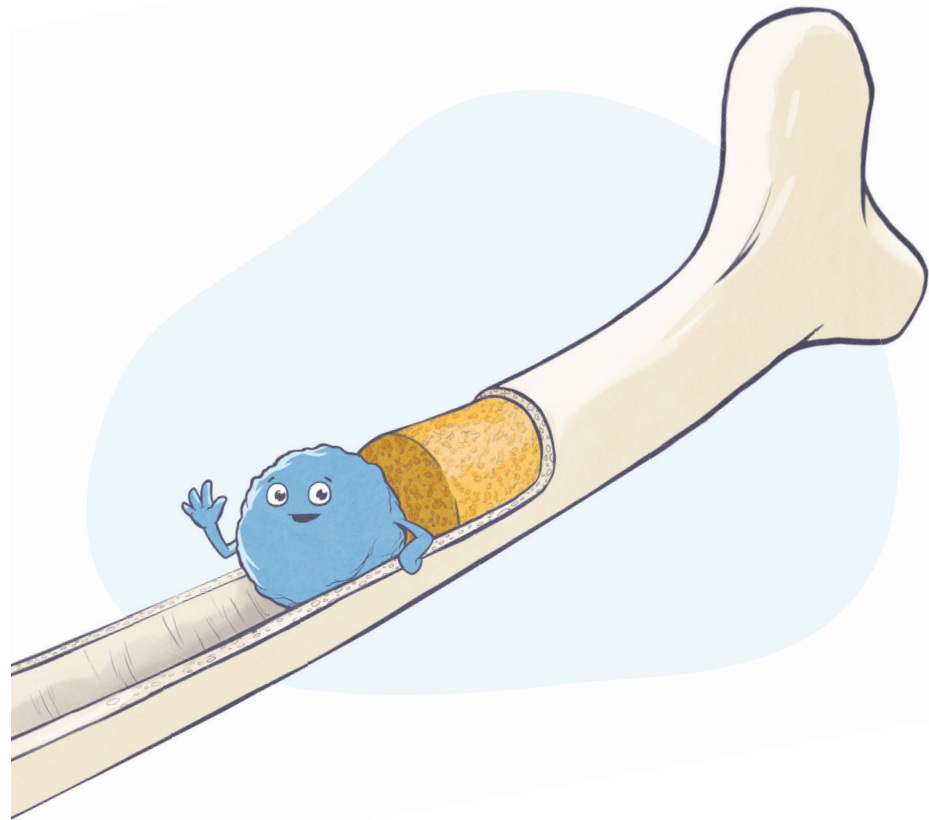
Your new cells will grow more and more every day!
How will you know? You may notice that you start to eat and drink more and have more energy to do your favorite activities. When the doctors say it's time, you will get to leave the hospital!



Even after you leave the hospital, there are still things you will need to do to keep your body safe. You will need to take **medicine**, **wear a mask** when you are not at home, and **visit the doctor** to check on your healthy cells.



Thanks for coming along with me today! I hope you have learned more about stem cell transplants. If you still have questions, talking to other adults, nurses, doctors, or child life specialists can be helpful.



Glossary

Bone Marrow: A cell making factory found inside of your bones.

Stem Cells: Transformer cells made in your bone marrow. They become any type of blood cell your body needs.

Red Blood Cell: Carries oxygen all over your body to give you energy.

White Blood Cell: Fights and protects your body from germs.

Platelets: Helps your body stop bleeding.

Chemotherapy: A strong medicine that erases your bone marrow and stem cells to make room for new, healthy cells.

Radiation: A beam that uses high powered energy to help your body make room for new healthy cells.

Questions?

As you learn about your stem cell transplant, you may have some thoughts or questions. Feel free to write them here!

Questions?

This book was generously funded by:



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