

## Allogeneic Bone Marrow Transplant



An allogeneic transplant is a medical procedure that replaces diseased or damaged bone marrow with healthy stem cells from a compatible donor with genetic characteristics similar to those of the patient. This transplant is used to treat various blood diseases, such as leukemia and lymphoma, as well as disorders of the immune system and bone marrow. Below, we will discuss the care that transplant candidates should take.

Care for allogeneic transplants focuses on preventing infections, controlling side effects, and ensuring acceptance of the donated cells.

### Preoperative care

- **Medical evaluation:** Blood tests, physical examinations, organ function tests, and a bone marrow biopsy are performed to assess the health of the patient and the donor.
- **HLA typing:** Tissue typing is essential to find a compatible donor.
- **Psychoemotional evaluation:** The psychoemotional state of the patient and family is evaluated to ensure the necessary support during treatment.
- **Identification of caregiver:** The person who will be the patient's primary caregiver throughout the transplant process is determined.



### Certain instructions must be followed in the days leading up to the operation.

#### Diet:

- The patient should eat a light meal until midday, followed by clear liquids, and stay well hydrated until two hours before the procedure.

#### Medication:

- Anticoagulants such as aspirin should be avoided for at least one week before surgery.
- Preparing the environment: It is important to prepare the home to minimize the risk of infection before the patient returns.
- Postoperative care

#### Preventing infections:

- **Hygiene:** It is essential to wash your hands frequently to prevent the spread of germs.
- **Safe environment:** Keep the house clean and avoid crowds.
- **Care with pets:** Avoid contact with cats or their waste and make sure someone else cleans them up, as scratches or bites can cause infections.
- **Care with live vaccines:** Family members or caregivers should not have close contact with the patient if they have received live vaccines, and the patient should not receive live vaccines without medical advice.

### Medical follow-up:

- Close monitoring: The patient must remain close to the hospital after allogeneic transplantation for monitoring.
- Skin care: The skin may become more sensitive and burn in the sun, so it is recommended to use sunscreen with a high protection factor.

### Management of side effects:

- **Graft-versus-host disease (GVHD):** Medication is required to prevent the donor cells from attacking the patient's own cells.
- **Oral care:** Follow personal care protocols for oral mucositis (mouth sores), which is a common side effect of chemotherapy.



### Nutrition:

- Following a safe diet to avoid infection and manage weight may be important.

Recovery after an allogeneic transplant is a long process that can take up to a year. The first 100 days are crucial, as the immune system is still weak and requires isolation and special care.

This type of procedure affects both physical and emotional health, so medical and family support is important for a safe recovery. Do not hesitate to maintain communication with the care team.

### Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following hotlines:

#### Medical Advice Line:

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare: 787-641-9133

### References:

<https://www.mayoclinic.org/es/tests-procedures/bone-marrow-transplant/about/pac-20384854>

<https://www.medanta.org/patient-education-blog/how-long-does-it-take-to-recover-from-a-bone-marrow-transplant>

<https://medlineplus.gov/spanish/ency/article/003009.htm>

<https://www.mskcc.org/es/cancer-care/patient-education/leaving-hospital-after-your-allogeneic-transplant>

Created by Licensed Health Educators.

Created in August 2025.

©First Medical Health Plan, Inc.