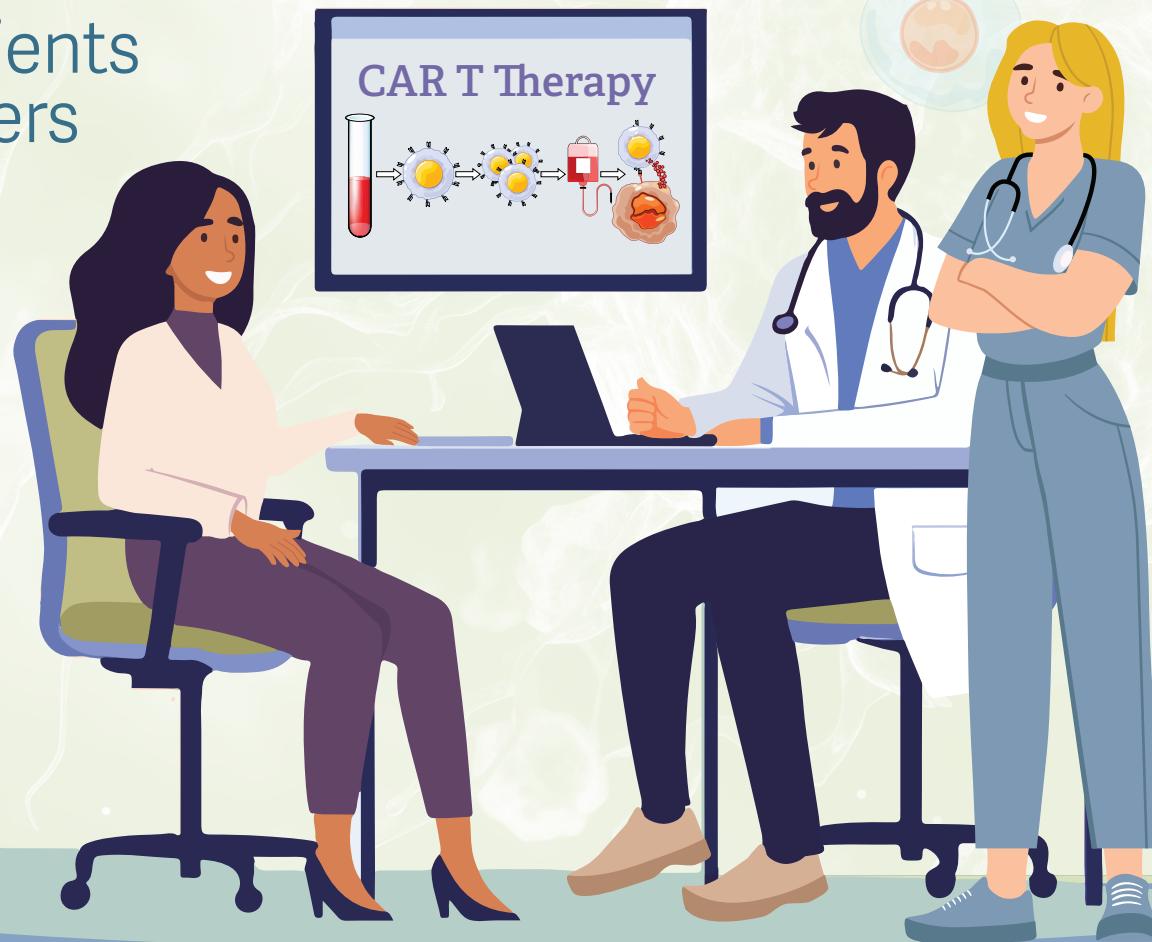


# CAR T Therapy Expectations:

A Guide for Patients  
and Care Partners



# Before CAR T Therapy

## What will be discussed during your visit about CAR T therapy?



### How does CAR T therapy work?

- Summary of the steps involved
- Typical duration of CAR T cell therapy



### Is CAR T right for you?

- Blood draws
- Scans
- Bone marrow biopsy



### Responsibilities of a care partner:

- Driving or coordinating travel and housing near CAR T center
- Managing medications
- Identifying and reporting side effects
- Assisting with hygiene



### Helpful resources

- Advocacy and support groups
- Friends, family, and community members



### What can the CAR T team support you with?

- Coordination of care and disease management
- Lodging and transportation
- Finances and coverage
- Mental health and well-being



### You do not have a care partner?

Because of the importance of a care partner, a social worker may help to find a care partner for you

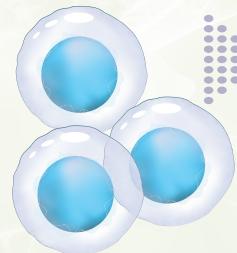
# During CAR T Therapy

## How does CAR T therapy work?

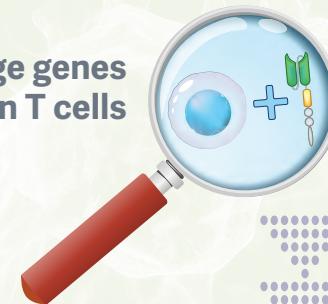
Collect blood that will have T cells



Separate T cells from other blood cells



Change genes in T cells



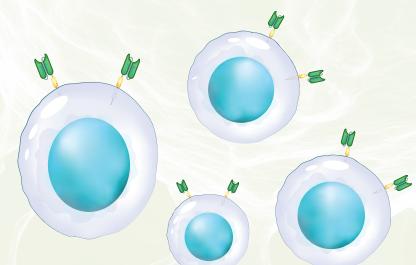
New CAR T cells are introduced into the blood stream



Millions of CAR T cells are grown



Special proteins called chimeric antigen receptors or CAR are added to T cells



Enough T cells are not collected from me?  
Your healthcare team may try to collect cells again

I'm not able to make it to the CAR T center to get my cells collected?  
Collection at a local hospital may be possible



# During CAR T Therapy

Inpatient



## Bridging therapy

Chemotherapy may be recommended by your doctor to help control your disease while waiting for the CAR T cells to be made

Outpatient



# During CAR T Therapy

## Preparing to receive CAR T cells

### Low-dose chemotherapy



When: 2-14 days before receiving CAR T cells  
Duration: 3 days at clinic

### Resting at home



Duration: 1-2 days

### Potential side effects



Nausea and vomiting

Feeling very tired

Diarrhea

Fever

**I experience side effects from the low-dose chemotherapy?**

Your care team may prescribe medication or hold on providing CAR T therapy until the side effects go away



# During CAR T Therapy

## CAR T cell infusion

### Preparing for the infusion

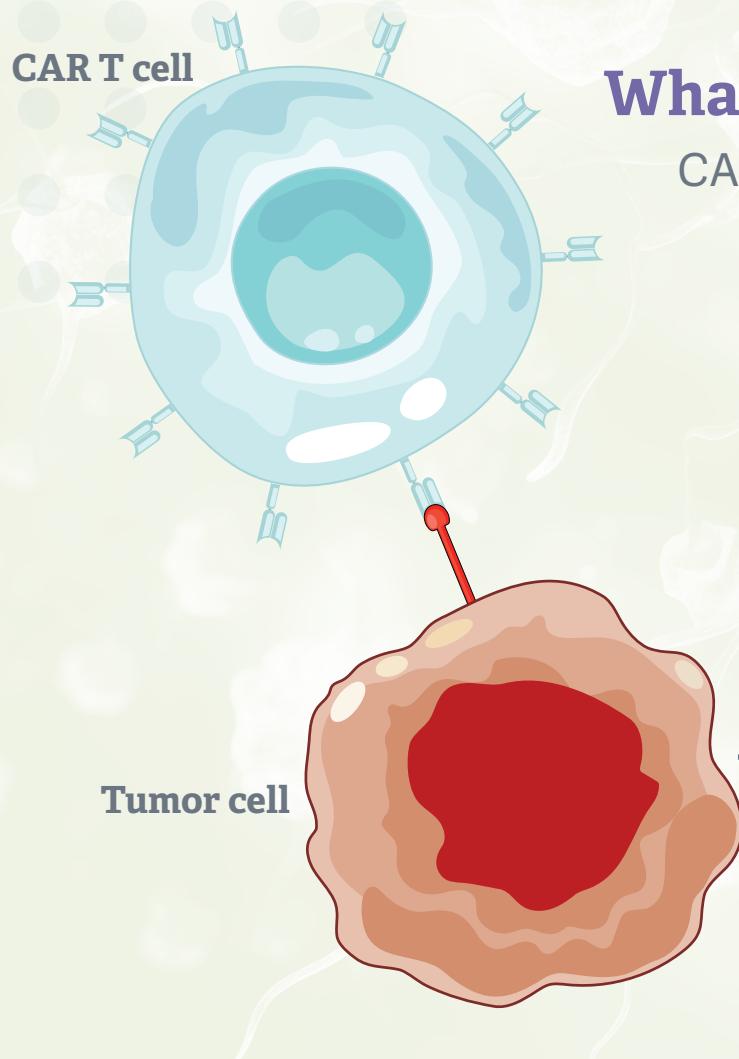
- Arrive to the infusion center approximately 15 minutes before your appointment
- Duration: 15 minutes to 1 hour for the infusion. Be prepared for 1-2 hours of monitoring after infusion
- Premedication is given before the infusion of your T cells. Let your nurse know if you have any allergies to Benadryl and/or Tylenol
- Bring your care partner
- Bring entertainment (eg, books, playing cards, phone)
- Wear comfortable clothing
- Communicate openly with the care team on how you feel during treatment

### What to expect

- Know that the infusion itself is generally well tolerated
- You may be overwhelmed and surprised by how small the infusion bag is
- There will be frequent monitoring of vital signs and other forms of testing
- If your infusion is done in an outpatient setting, you may need to stay in the hospital overnight if symptoms worsen. Plan ahead in case admission is needed
- On the day of your CAR T infusion, review follow-up instructions with your care team, including symptoms to report, whom to contact, and when to seek emergency care



## After CAR T Therapy



## What is CAR T cell therapy doing?

CAR T cells are recognizing specific parts of cancer cells and killing them

# After CAR T Therapy

## Major side effects of CAR T cell therapies

Symptoms or side effects that will be monitored at or near your CAR T center for 2 weeks or longer if there are complications

### Cytokine Release Syndrome (CRS)



You and your care partner should monitor for these symptoms

- Fast heartbeat
- Chills
- Upset stomach
- Lightheadedness
- Headaches
- Fever

### Infections



You and your care partner should monitor for these symptoms

- Fever
- Coughing
- Excessive tiredness

### Immune Effector Cell-Associated Neurotoxicity Syndrome (ICANS)



You and your care partner should monitor for these symptoms

- Signs of confusion
- Headaches
- Difficulty finding words
- Lack of attention or presence



I have any of these symptoms?

Call your healthcare team or go to the emergency room immediately

I go to an emergency room that is not my regular CAR T center?

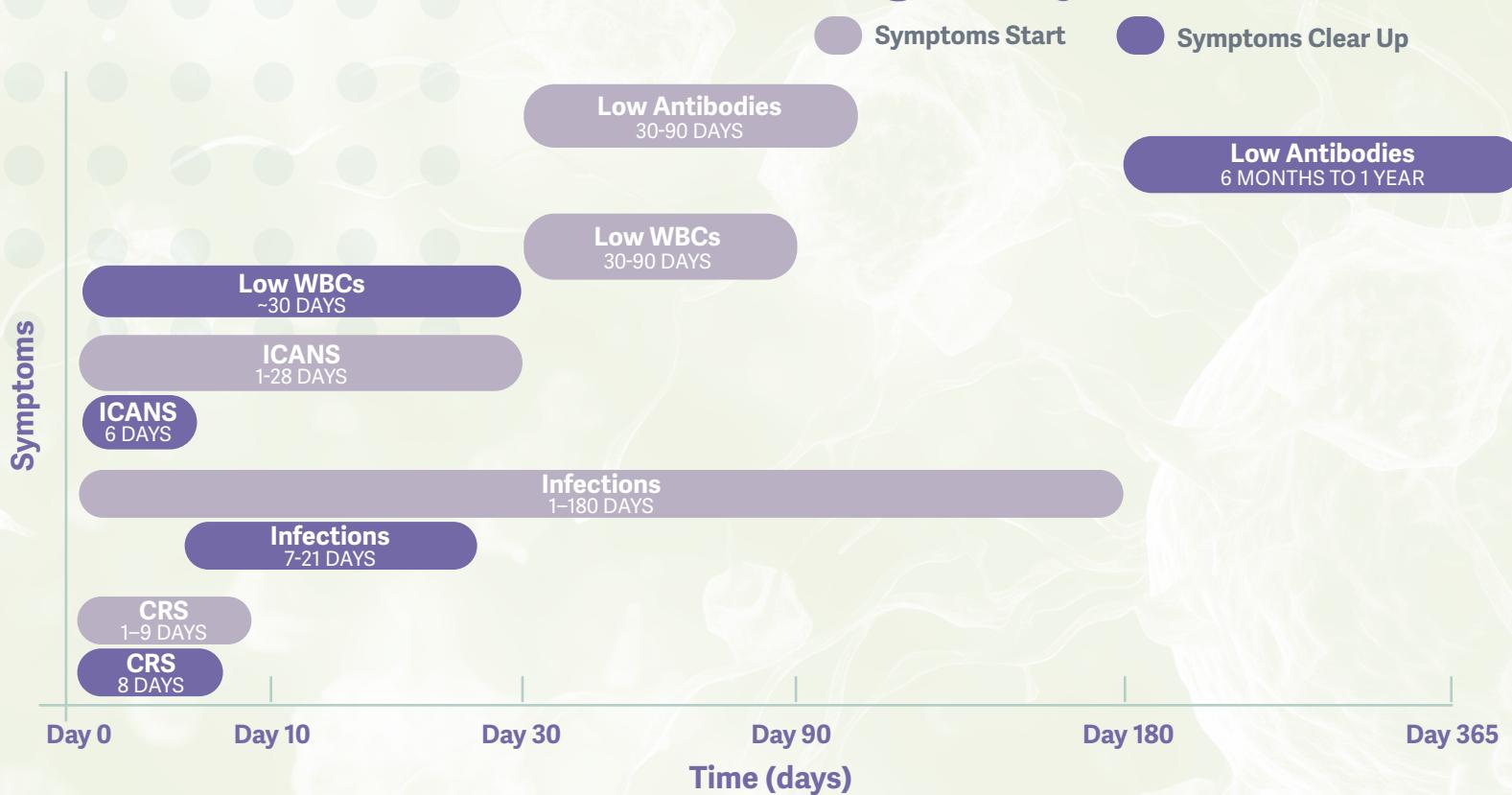
Give the local emergency room staff the information of the CAR T center so they can be contacted



PATIENTS AND CARE PARTNERS

# After CAR T Therapy

## Timing of major side effects



CRS, cytokine release syndrome; ICANS, immune effector cell-associated neurotoxicity syndrome; WBCs, white blood cells.



**I have any of these symptoms?**

Call your healthcare team or go to the emergency room immediately

**I go to an emergency room that is not my regular CAR T center?**

Give the local emergency room staff the information of the CAR T center so they can be contacted

# After CAR T Therapy

## Other common side effects

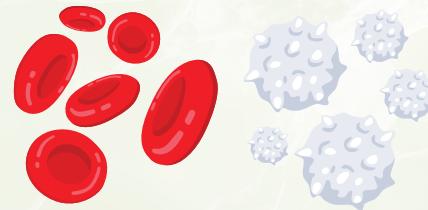
### Fatigue



**Treatment:**  
Potentially physical therapy,  
home care support



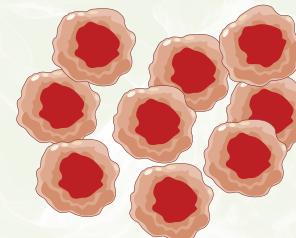
### Low blood counts



**Treatment:**  
Additional blood transfusions

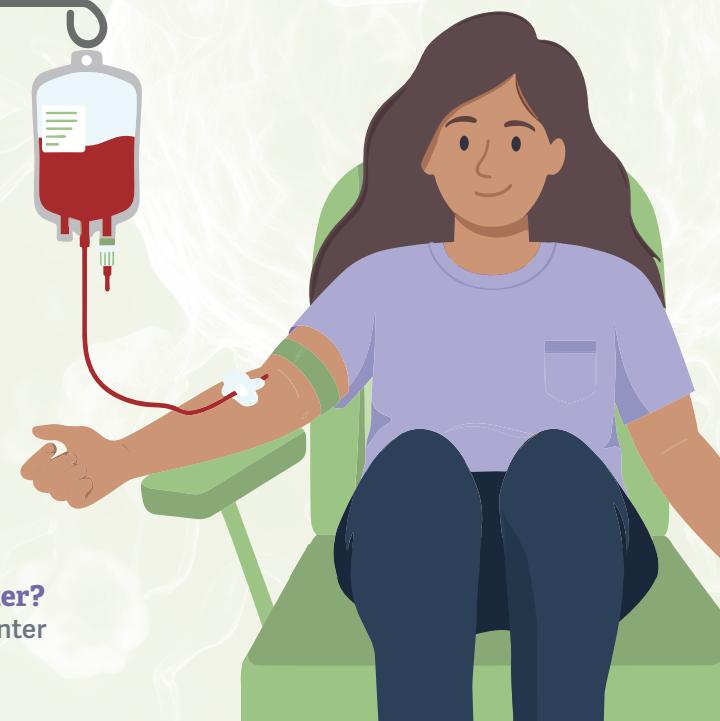


### Other cancers



I have any of these symptoms?  
Call your healthcare team or go to the emergency room immediately

I go to an emergency room that is not my regular CAR T center?  
Give the local emergency room staff the information of the CAR T center  
so they can be contacted



# After CAR T Therapy



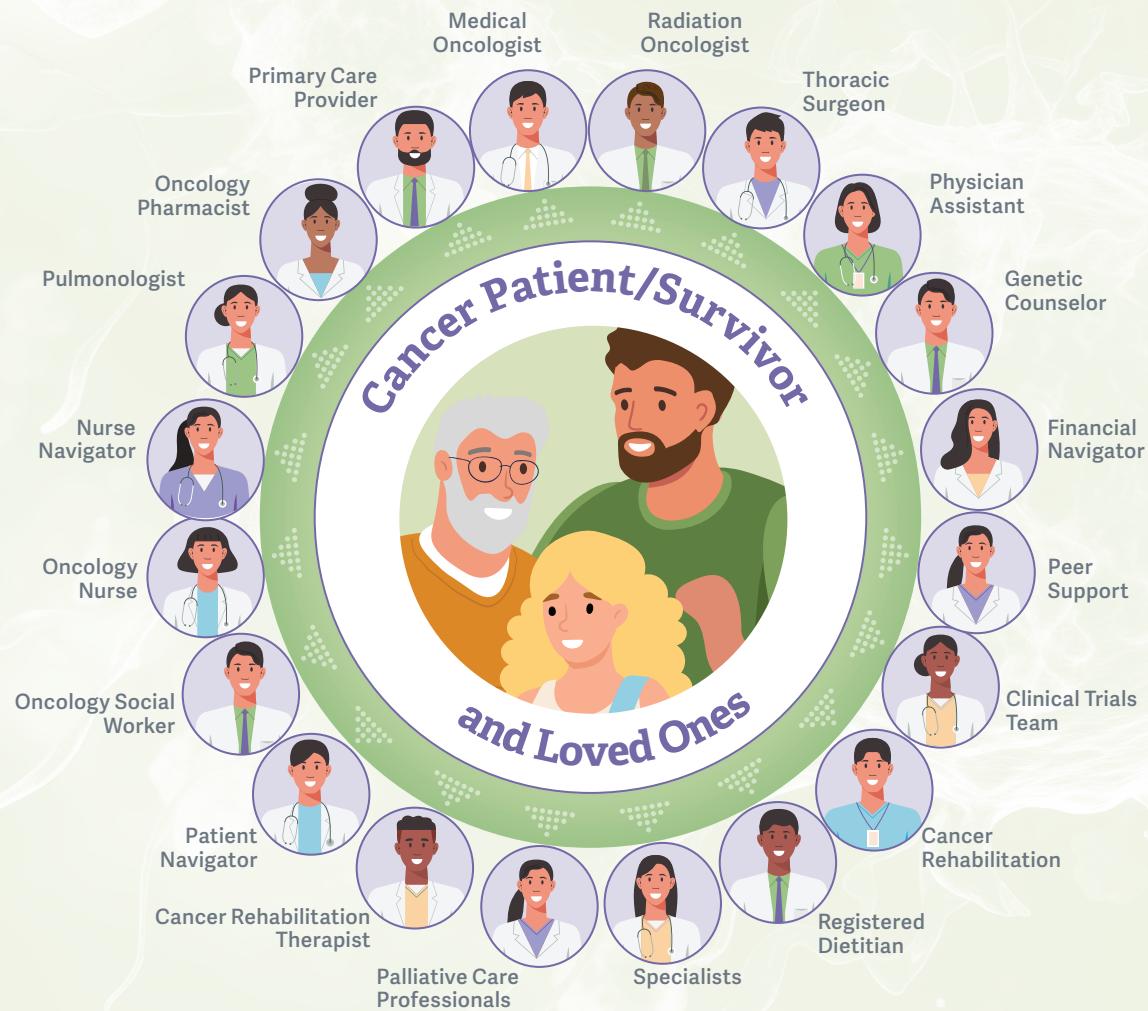
## Parts of follow-up care

- Continued care partner support
- Lab tests and scans

## Your healthcare team may include

These members may be at the center where you received your therapy, or if you are progressing well, out in the community with a local primary care physician and oncologist

# Follow-up care



# After CAR T Therapy

## Your care team may include a:

### Medical Hematologist or Oncologist

Makes the diagnosis and leads your treatment

### Pharmacist

Provides drug-related information to you and the rest of the care team

### Clinic Nurse

Administers CAR T therapies and may provide education in some settings

### Nurse Navigator

Guides you through your treatment journey and provides resources to resolve logistical or clinical barriers

### Social Worker

Provides emotional and social support to help you along your treatment journey

### Nurse Practitioner or Physician Assistant

Oversees day-to-day clinical care including side effect management, ordering supportive care, and ordering or interpreting tests that minimize side effects



# After CAR T Therapy

## What to expect long after receiving CAR T therapy

### Tips for long-term home care

Your blood counts and antibodies may take a long time to fully recover. You may need extra medication at home to support you during this recovery. Don't skip appointments with your community oncologist and continue to have regular bloodwork and check-ups.

Side effects from CAR T cell therapy are always possible, even after you're discharged home. Report any unusual signs or symptoms, especially fever, confusion, headaches, signs of illness or infection, severe fatigue, weakness, or anything that doesn't feel right.

Have your doctor reach out to the CAR T team if you are being prescribed a new medication or being referred for a procedure. It may be recommended that you wait until your immune system is more fully recovered.

### How You May Prevent Side effects

#### Wash hands often



#### Monitor for symptoms of side effects



#### Wear a mask



#### Avoid crowds



#### Reduce stress



#### Make healthier diet choices



#### Increase physical activity



## Nutritional guidance

Dietary modifications that may reduce symptoms of CAR T cell therapy

### BRAT Diet

Bananas



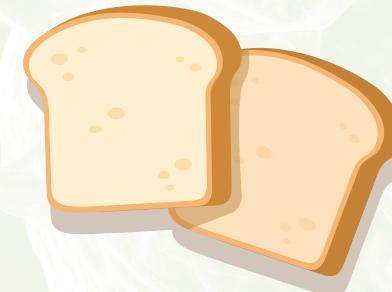
Rice



Applesauce



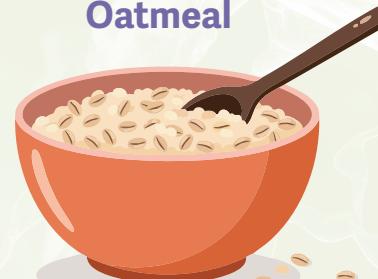
Toast



Clear broths, soups, juices



Oatmeal



# Resources

## **Cancer Support Community CAR T Cell Therapy Concierge Navigation Program**

<https://www.cancersupportcommunity.org/car-t-navigation-referral>

## **BMT Infonet Online Peer Support Group**

<https://bmtinfonet.org/event/car-t-support-group>

## **Blood Cancer United Online Community**

<https://bloodcancerunited.org/resources/patients/community>

## **Lymphoma Research Foundation: Lymphoma Support Network**

<https://lymphoma.org/resources/supportservices/lsn/>



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