



## CAR-T Therapy: Appointment Schedule

### Welcome to your CAR-T Cell therapy journey

We are pleased to support you on this journey. This booklet outlines the key appointments and tests leading up to your CAR-T cell therapy. Not every step will apply to every patient. Your medical team will guide you on which parts are relevant for you.

Please keep this booklet with you and refer to it regularly so you know what to expect at each stage of your treatment.

This booklet covers your appointments up to your CAR-T treatment. Information about recovery and follow-up will be given to you later.

### Travel and parking information

We are based at the Centre for Clinical Haematology, Queen Elizabeth Hospital Birmingham, Mindelsohn Way, Birmingham B15 2TH.

If you are coming by car, please use Car Park D, next to the Cancer Centre. If travelling by train, the hospital is a short walk from University station, with regular services from Birmingham New Street.

For sat nav, use postcode B15 2TH. There are drop-off points near the main entrances if you need help.

### Your nursing team

If you have any questions or concerns, you can contact your CAR-T nursing team.

Named nurse:

Telephone number:

## Disease assessment tests (if required)

You may need some extra tests before moving forward with CAR-T therapy. These help your doctors check your disease and plan the next steps. Tests may include:

- Bone marrow biopsy – often needed for patients with acute lymphoblastic leukaemia (ALL).
- Lymph node biopsy – sometimes required for patients with lymphoma.

Your team will let you know which tests are needed and explain what to expect.

Named nurse:

Time:

Location:

## Panel discussion

Your case will be reviewed by the CAR-T panel, a national team of experts who meet to make sure CAR-T therapy is the right and safest option for you.

You will be informed of the panel's decision. If CAR-T is not approved, your team will discuss the best alternative treatment options with you.

Panel date:

## **Treatment before cell collection:**

Before your T-cell collection, you may need treatment such as chemotherapy, radiotherapy, or steroids. This helps keep your disease under control while you are waiting for your cells to be collected.

This treatment may be given at your local hospital. Your CAR-T team will explain what treatment you need and when it will happen.

Date:

Time:

Location:

## **Tunnelled line insertion (if required)**

If your veins are not suitable for collection, you may need a tunnelled line. This is a soft tube placed into a large vein in your chest, usually under local anaesthetic. You will have blood tests a few days before the procedure, and your team will give you fasting advice to follow carefully.

It may stay in until after your CAR-T treatment and will need regular flushing and dressing changes, which the nursing team will arrange for you.

Date:

Time:

Location:

## **Apheresis collection (cell collection):**

Apheresis is the process where blood is taken from your vein, passed through a special machine to collect your T-cells, and then safely returned to you. These T-cells are the ones that will be changed in the laboratory to make your CAR-T therapy.

Date:

Time:

Location:

**What to expect:**

- Please arrive at the Centre for Clinical Haematology for 08:30am.
- The procedure usually takes around four hours.
- You are welcome to bring something to pass the time, such as a book, music, or tablet. A family member or friend can usually stay with you.
- Some medicines may need to be paused before collection. Your team will tell you exactly what to stop and when to restart.

**Medication instructions (if required):**

Medicine name:
Date to stop:
Date to restart:

Medicine name:
Date to stop:
Date to restart:

Medicine name:
Date to stop:
Date to restart:

**Treatment after cell collection:**

After your cells have been collected, they are sent away to be modified into your CAR-T cells. This process takes several weeks.

During this time, some patients need extra treatment (called bridging therapy) to keep their disease under control. This may involve chemotherapy, radiotherapy, steroids, or a combination. Not every patient will need this.

Your medical team will explain if bridging therapy is required and where it will be given. It may be arranged at your local hospital.

## Bridging therapy appointments

Date:
Time:
Location:

Date:
Time:
Location:

Date:
Time:
Location:

Date:
Time:
Location:

Date:
Time:
Location:

## Echocardiogram (ECHO):

An echocardiogram checks how well your heart is working to make sure CAR-T therapy can be given safely. This test may be done at your local hospital or at the specialist centre.

## **Disease re-assessment tests (if required):**

Some tests may be repeated before CAR-T therapy. These are not needed for all patients and depend on your type of disease.

## **PET scan (mainly for lymphoma):**

Shows the extent of disease and provides a baseline for monitoring after treatment.

Date:

Time:

Location:

## **Bone marrow test (mainly for acute lymphoblastic leukaemia)**

Checks the level of disease in the bone marrow before treatment.

Date:

Time:

Location:

## **Consent appointment**

Before your admission, you will have an appointment with your consultant to go through your CAR-T treatment plan. They will explain the procedure, possible side effects, and answer your questions. You will be asked to sign the consent forms at this visit.

This appointment usually takes place about a week before admission.

Date:

Time:

Location:

## Estimated hospital admission for CAR-T cell treatment:

Once your CAR-T cells have been prepared, you will be admitted to hospital for CAR-T cell treatment.

This date is only an estimate and may change depending on when your cells are manufactured. Your team will keep you updated.

Date:

Time:

Location: Ward 625

The nursing team will discuss your likely discharge date with you. This depends on your condition and whether you have a carer available. Discharge is usually from day 10 onwards if it is safe to do so.

## Accessibility

To view this information in a different language or use text-to-speech reader visit **[www.uhb.nhs.uk](http://www.uhb.nhs.uk)**, click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille, please email [interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk).



## How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. **Thank you.** [www.uhb.nhs.uk/fft](http://www.uhb.nhs.uk/fft)

