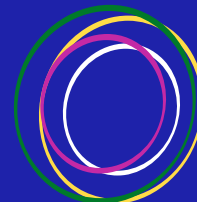


CAR T-cell therapy



Information for carers

CAR T-cell therapy is a type of personalised cancer treatment for acute lymphoblastic leukaemia (ALL). It involves modifying a person's own blood cells so they can recognise and kill cancer cells.

CAR T-cell therapy may be an option for some people with ALL that has relapsed or not responded to treatment. For some people, it can lead to long-term remission. But it can have serious, or even life-threatening, side effects. Anyone having CAR T-cell therapy is monitored closely for these.

If someone you care for is having CAR T-cell therapy:



They'll have tests and checks to make sure it's suitable for them.



They'll have some of their blood cells collected using a special machine. These are sent away to a lab to be modified.



They might need treatment to keep their ALL stable while they wait for the CAR T cells to come back.



They'll have a short course of chemo to get ready for the CAR T cells.



Then they'll have the CAR T cells through a drip.

They usually stay in hospital for at least 10 to 14 days after having the cells. This is so their CAR T team can monitor them closely and treat any complications promptly.

After this, they may be able to leave hospital if they are well enough and their blood counts are high enough.

After leaving hospital, they must stay near their CAR T centre until 28 days after having the CAR T cells. This is so they can get help quickly if they need it. They must have an adult with them all the time who can drive them to hospital if needed.

If they don't live near their CAR T centre, they'll need accommodation nearby. Their hospital should be able to arrange this. Or Leukaemia Care can help.

After leaving hospital

The person you care for will still have lots of medicines to take and frequent check-ups. It's not unusual to have to go back to hospital to deal with a complication.

If you're the adult carer for someone who's had CAR T-cell therapy, the CAR T team will explain how and when to seek help. They'll give you forms to record symptoms daily. Contact them straight away if you're concerned. Symptoms to check for include:

- A high temperature (37.5°C to 38°C or higher)
- Flu-like symptoms
- Fatigue or lack of energy
- Headache
- Tremor
- A rapid, racing or uneven heart rate
- Confusion or agitation
- Changes in handwriting
- Difficulty speaking or finding words
- Sore throat, sneezing, blocked or runny nose, earache
- Coughing or shortness of breath
- Burning or stinging when they pee, or peeing more often than usual
- Sickness or diarrhoea
- Pain, redness or swelling around their central line

Need support or information?

- Scan the QR code or visit leukaemiacare.org.uk
- Call our freephone helpline on **08088 010 444**
- Send a WhatsApp to **07500 068065**
- Email support@leukaemiacare.org.uk



This information is aimed at people in the UK. We do our best to make sure it is accurate and up to date but it should not replace advice from your health professional. If you have any feedback or you'd like a list of our sources, please email information@leukaemiacare.org.uk.

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