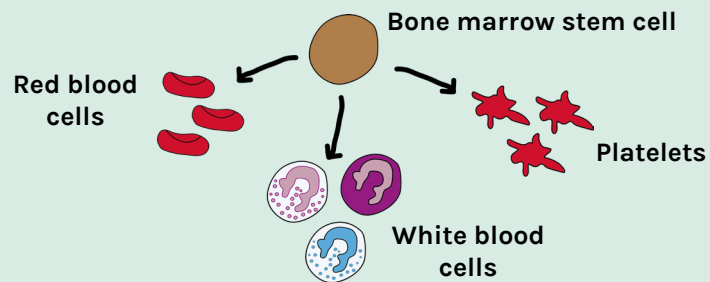


A stem cell transplant is an intensive type of treatment that replaces damaged or destroyed blood-forming cells with healthy ones.

It might be an option for some people with acute lymphoblastic leukaemia, acute myeloid leukaemia, myelodysplastic syndromes or myelofibrosis.

Stem cells are blood-forming cells that mainly live in your bone marrow. They make all the blood cells your body needs.



Having a stem cell transplant

Having a stem cell transplant is a big decision. Your medical team will explain the benefits and risks. You'll have time to ask questions and to discuss it with people close to you. But the final decision is yours. You'll also have tests to check it's suitable for you and that you're fit enough to have one.

A stem cell transplant is very intensive. It involves a few steps:



Collecting the stem cells. These might come from you or from a matched donor, depending on the type of transplant you are having.



Conditioning therapy. This is treatment to get your body ready for the stem cells. It usually involves chemotherapy, radiotherapy, or both, sometimes with a targeted medicine too. You have it over a few days.



Having the stem cells. This is a quick process, a bit like a blood transfusion.



Waiting for your blood counts to recover. It takes a few weeks for your new stem cells to settle in and start to work. During this time, your body cannot make enough blood cells and your immune system will be very low. You usually have to stay in a room on your own to lower your chance of getting an infection.

Most people who have a stem cell transplant stay in hospital for several weeks. It takes many months to recover.

Stem cell transplants can cause serious side effects or complications. You have medicines to prevent and treat these, but they can still happen.

Your transplant team will tell you what to look out for. Tell them straight away if you have any symptoms or side effects so they can start treatment promptly.

Recovering from a stem cell transplant

When you go home after a stem cell transplant, you'll still have lots of medicines to take. You'll have a high risk of infections and you'll probably still need blood transfusions too. Try not to expect too much of yourself at first. Build up your activity levels slowly and rest when you need to.



You'll have regular follow-up appointments and blood tests. These check how you're getting on, look for any complications and check if your cancer is still under control.

For [more information about stem cell transplants](#), follow the link, search 'stem cell transplant' at www.leukaemiacare.org.uk or scan the QR code. This also includes information on ordering free booklets via our online shop.

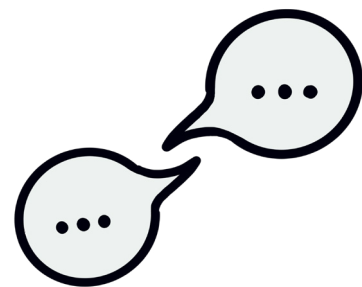


We're here for you if you need support. Scan the QR code, click the link or search 'support for you' at leukaemiacare.org.uk to find out what we offer.



Want to talk?

Call our freephone helpline on **08088 010 444**
(free from landlines and all major mobile networks)
Message us on WhatsApp at **07500 068065**
www.leukaemiacare.org.uk
support@leukaemiacare.org.uk



If you have any feedback, or you'd like a list of the references we used to create this factsheet, please email information@leukaemiacare.org.uk, complete our [short survey](#) or call **01905 755977**.



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