

Recovery Takes Time

Rest and pace yourself. Plan activities around your energy levels.

Watch for changes. Track new or worsening symptoms and report concerns.

Lean on your care partner. Ask for help with medications, appointments, and everyday tasks.

Support your emotional health. Talk about how you're feeling and ask for support.

Keep follow-up appointments. Stay in touch with the healthcare team, even when feeling better.

Daily Recovery Checklist

- ☐ Take medications as prescribed.
- ☐ Rest and pace my activities.
- ☐ Eat and drink according to my care team's recommendations.
- ☐ Pay attention to new or changing symptoms.
- ☐ Communicate concerns with my care partner or healthcare team.
- ☐ Take time for something that supports my emotional well-being.

When Should I Call My Care Team?

Contact your care team right away if you experience:

- Fever or chills.
- New or worsening confusion, difficulty speaking, or changes in your thinking.
- Severe headache, dizziness, or unusual drowsiness.
- Trouble breathing or a fast or irregular heartbeat.
- New or worsening bleeding, vomiting, or diarrhea.
- Any new, unusual, or concerning symptoms.

Questions to Ask | Follow-up Care

- What symptoms should I watch for at this stage of recovery?
- What should I do if I develop a new or worsening symptom?
- When can I safely return to my usual activities?
- What can I do to manage fatigue and to rebuild my strength?
- What support is available if I'm struggling emotionally?

Advice for CAR T Care Partners

Care partners can help by:

- Keeping track of medications and appointments.
- Watching for changes in behavior, speech, or thinking.
- Helping with everyday activities.
- Communicating concerns to the healthcare team.
- Asking for help and making time for their own rest.

CAR T-Cell Therapy Resources

[Evolve CAR T-Cell Therapy](#)

[Elevate CAR T-Cell Therapy](#)

[Care Partner Toolkit | CAR T-Cell Therapy](#)

[PEN-Powered Activity Guides](#): Financial Resources, Health Literacy, and Survivorship.



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