



Management of Filgrastim and Similar Side Effects

A00977-Effective January 30, 2023

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“An Ounce of Prevention is worth a pound of cure”

Benjamin Franklin

- A00977 is a tool to share with donors before they start filgrastim similars injections
- Proactive symptom management
- Pain control suggestions
- Headache management
- Nausea/vomiting management
- Review of emergency care
- Reminder for filgrastim similars start date
- Day of collection prep

Document location:

Network Website>Donor Centers>Workup>PBSC Resources.

PBSC Resources

Information on how to get donors safely through the PBSC workup process.

- [PBSC Consent Form](#)
Donor consent form for the PBSC protocol.
- [PBSC Protocol](#)
Find the current NMDP IRB approved version of the PBSC protocol.
- [NMDP Verification of HPC, Apheresis \(PDF\)](#) - (Open using Internet Explorer) and [Instructions \(PDF\)](#)
This form verifies the number of collections a peripheral blood stem cells (PBSC) donor will undergo for transplant.
- [NMDP Apheresis Center Post Donation Instructions for PBSC Donors](#)
Instructions to give to donors after PBSC donation.
- [Filgrastim Resources](#)
This page provides resources and tools for ordering filgrastim.
- [Watermarked A00977 Management of Filgrastim and Similar Side Effects - effective January 30, 2023](#)
A tool to share with donors before they start filgrastim or similar injections.
- [PBSC Information Session Outline \(PDF\)](#)

- # A00189 DC MOP Chapter 9 PBSC Workup and Donation Process

- ## 9.23 Filgrastim and Similar Administration

The DC is responsible to:

- Create a plan for filgrastim similars administration
- Enter the filgrastim similars injection start date in SL
- Coordinate filgrastim similars injections
- Complete A00977, *Management of Filgrastim and Similar Side Effects* and provide to donor
- Verify receipt and condition of drug received and retain completed F00862, *Filgrastim and Similar Delivery Ticket*
- Monitor donor symptoms during filgrastim similars administration and modify dose according to protocol, if necessary
- Complete and submit F00869, *Filgrastim and Similar Administration Confirmation* (Form 715)
- Complete and submit NMDP DCFs

- Chapter 9 DC MOP cont'd

9.23.5 Treatment of Donor Symptoms

Most donors experience discomfort during filgrastim similars administration. The DC provides the donor with A00977, Management of Filgrastim and Similar Side Effects, which contains information on managing side effects while receiving filgrastim similar injections. Bone pain is the most common symptom and is treated with acetaminophen, ibuprofen, naproxen, and similar analgesics. Rarely, donors may require prescription analgesics. Aspirin and aspirin-containing drugs must be avoided while receiving filgrastim similars and for 14 days after the collection because the donor's platelet count has decreased. Other symptoms that occur less frequently but may require treatment include headache, nausea, chills, night sweats, and body aches. All symptoms should disappear or diminish markedly 48 to 72 hours after the final filgrastim similar(s) dose.

- A00168 PBSC Workup Checklist(Donor Center)

Arrange Filgrastim Similar Injections: Send training documents to filgrastim similar provider <input type="checkbox"/> <input type="checkbox"/> N/A Filgrastim and Similar Administration Training Documentation received <input type="checkbox"/> Provide A00977, Management of Filgrastim and Similar Side Effects to donor <input type="checkbox"/> Date: _____			
Day 1 date:	Location:		
Day 2 date:	Location:		
Day 3 date:	Location:		
Day 4 date:	Location:		
Day 5 date:	Location:		

How to Use and Review with Donor

When and How do I use A00977?:

Email and Review with donor the day you set up filgrastim similars delivery and re-review the day you confirm filgrastim similars delivery.

Give donor's time to:

1. Process information
2. Ask Questions
3. Formulate a plan to manage symptoms
4. Buy necessary medications

Fillable tool:



Management of Filgrastim and Similar Side Effects

Your filgrastim similars* injections will begin on:

*Filgrastim similars are medications that cause blood stem cells in the marrow to move into the bloodstream so they can be collected for your patient. Filgrastim similars include the following medications: Granix®, Nivestym®, Neupogen®, Zarxio®, and Releuko®.

Your donation date is:

If you have questions or concerns, call:

Donor center (DC) contact: (call first)

Apheresis center (AC) contact on call:

Symptoms Review:

- Symptoms will vary with each donor.
- We find the most common side effects of filgrastim similars include headache, bone or muscle pain, nausea, trouble sleeping, and tiredness.
- Most donors experience bone pain while receiving filgrastim similars. Symptoms usually begin within 24 hours of starting filgrastim similars and peak after two doses
- Bone pain is usually scattered and, in and in the skull, back/spine, hips, long bones, and ribs
- Bone pain usually goes away 2-3 days after the last dose of filgrastim similars. Most pain can be managed with the over-the-counter medications listed below.
- **BEST WAY to manage pain & symptoms is to PLAN AHEAD.**

Suggestions to proactively manage pain:

- Have over-the-counter medications on hand before starting injections.
- Take the first dose the morning of their first injection. Continue a regular schedule throughout their injection days and at least one day after donation.
- Set an alarm on their phone as a reminder to take the next dose.
- **IMPORTANT:**
- **Do not** take aspirin or aspirin-containing medications.(i.e.. Excedrin)
- We ask the donor to let you know if you are allergic to or have any medical condition for which they have been told not to take any of the medications listed on this document.
- We are aware there are a few AC/CC's who do not recommend the use of Ibuprofen, Motrin or Advil and we support their decision.

Recommended medications:

1. Acetaminophen/Extra Strength Tylenol® 500 mg tablets

- We recommend taking two tablets (1000 mg) every 6-8 hours to keep a steady level in your body. Maximum total dose is 4000 mg acetaminophen per day from all sources (**NOTE:** There may be acetaminophen in some cold or migraine medications).

2. Ibuprofen/Motrin®/Advil® 200 mg tablet

IMPORTANT: Only take if Tylenol is not managing your pain.

- We recommend taking 3-4 tablets (600-800 mg) every eight (8) hours.
- Maximum total dose is 3200 mg ibuprofen per day from all sources.
- Tylenol and Motrin are two different drugs and can be safely taken together.

If the AC has told you to avoid ibuprofen, Motrin, or Advil, we support that recommendation.

3. Loratadine/Claritin® 10 mg

- We recommend taking one tablet every day during injections. For best results, take 45-60 minutes before injection.
- Claritin may help to reduce bone pain caused by filgrastim similars.

4. Topical medications such as Icy Hot®, Bengay®, Salonpas®, Thera-gesic®, or Tiger Balm® may be helpful for pain control. Apply directly to pain area(s).

5. Other: Warm bath/shower, heat/heating pads, meditation, or deep breathing exercises.

Suggestions to manage headache:

- Relieve pain with over-the-counter medications suggested above
- Apply cool compress or ice pack to the forehead
- Apply heat to the back of the neck
- Rest in a quiet, dark room
- Rest with head elevated
- Drink plenty of water and eat a balanced and healthy diet
- Ensure you are getting enough sleep and rest
- Have a caffeinated drink (tea or coffee) if related to caffeine withdrawal

Reach out to your DC or AC contact if your headache is severe or not relieved by medication, or if you have any numbness, muscle weakness, confusion, or changes in vision.

Suggestions to manage nausea/vomiting:

- Since pain can cause nausea, follow suggestions for pain control above
- Drink clear or ice-cold drinks (water, juice, flat lemon-lime soda or ginger ale, Gatorade-type products)
- Eat light, bland foods (like saltine crackers or plain bread)
- Avoid fried, greasy, or sugary foods
- Eat slowly and eat smaller, more frequent meals
- Do not mix hot and cold foods
- Drink beverages slowly
- Avoid activity after eating
- Ginger tea or peppermint aromatherapy

Reach out to your DC or AC contact if above do not resolve nausea or vomiting.

Other suggestions during injection days:

- Eat or drink calcium rich foods (dairy products, cheese, yogurt, leafy greens, beans/lentils, etc.)
- Take 600 mg of calcium twice a day with meals, or two (2) Extra Strength Tums® twice a day
- Drink 12 glasses of water daily. Stop the morning of your collection, then continue 1-2 days after donation
- Limit caffeine to one serving daily
- Keep moving
- No heavy physical activity (weightlifting/cardio) while receiving injections AND for one week after donation
- Avoid alcohol, as it can be dehydrating
- Get plenty of rest/sleep

Alert your DC or AC contact if you have pain in the upper left side of your abdomen, just below the rib cage. This may be a sign of problems with your spleen.

Emergency Care & Day of Donation:

Emergency care: If you have questions or think you are having any serious or unexpected symptoms, contact the DC or AC. If you need emergency care, go to the nearest 24-hour emergency care facility. Use your donor identity card for billing. Get a written summary of the visit from the provider and give billing information to your DC contact.

Day of donation: Eat breakfast (unless you are told to avoid eating for a central line placement), limit fluid intake in the morning, and wear comfortable clothes. Allow 5-6 hours for the donation. You may need to return for a second day of donation. If this is needed, your DC contact and AC team will discuss this with you.

Tracking Sheet with suggested dose timing and mention of free app called Medisafe.

Pain Medication Tracking Sheet

One of the best ways to manage filgrastim similar related pain is to **plan ahead**. Start and stay on a regular daily schedule of pain-relieving medications from day 1 of your injections through at least one day after donation. Set an alarm on your phone as a reminder to take medications (you can also use a free app called **Medisafe**).

Example of medication schedule and record:

Every 3-hour rotation	OR	Every 6-8-hour rotation
7:00 a.m.: Acetaminophen/Claritin		7:00 a.m.: Acetaminophen/Claritin
10:00 a.m.: Ibuprofen/Motrin/Advil		3:00 p.m.: Acetaminophen
3:00 p.m.: Acetaminophen		11:00 p.m.: Acetaminophen
8:00 p.m.: Ibuprofen/Motrin/Advil		
11:00 p.m.: Acetaminophen		
4:00 a.m.: Ibuprofen/Motrin/Advil		

Medication Tracking

Day 1		Day 2	
Time	Medication taken	Time	Medication taken

Day 3		Day 4	
Time	Medication taken	Time	Medication taken

Day of Donation Take morning dose and check with AC team for direction on when to take post-donation dose.		Day 6: Post-donation	
Time	Medication taken	Time	Medication taken

Thank you for your lifesaving donation!

Example of medication schedule and record:

Every 3-hour rotation	OR	Every 6-8-hour rotation
7:00 a.m.: Acetaminophen/Claritin		7:00 a.m.: Acetaminophen/Claritin
10:00 a.m.: Ibuprofen/Motrin/Advil		3:00 p.m.: Acetaminophen
3:00 p.m.: Acetaminophen		11:00 p.m.: Acetaminophen
8:00 p.m.: Ibuprofen/Motrin/Advil		
11:00 p.m.: Acetaminophen		
4:00 a.m.: Ibuprofen/Motrin/Advil		

Medication Tracking



Questions????????????????????????????????

