

To Whom It May Concern

RE: Information about G-CSF administration for Peripheral Blood Stem Cell (PBSC) mobilisation

This voluntary donor on the Anthony Nolan bone marrow registry has been found to be a tissue type match with an unrelated patient who requires stem cell transplantation. He/she is due to undergo Peripheral Blood Stem Cell collection.

To facilitate stem cell mobilisation, the donor is currently undergoing a 4-5 day course of injections of Zarzio, a glycosylated recombinant form of human Granulocyte-Colony Stimulating Factor (G-CSF). This is provided by the manufacturer (Sandoz) in vials: "Zarzio Z30" - 300 micrograms of Zarzio per vial - and "Zarzio Z48" - 480 micrograms of Zarzio per vial. The daily dose is determined at 10 micrograms per kg donor body weight.

The injections are administered by a healthcare professional from a private home healthcare provider. The donor will travel to a collection centre for the collection of the stem cells by leukapheresis on day 5 (and possibly 6).

G-CSF commonly causes short-term symptoms such as flu-like symptoms, bony and muscular pain, and headaches which can be treated with oral paracetamol and/or codeine. Please do not prescribe an aspirin-containing analgesic as the anti-aggregant effect can compromise the donation. Less common side effects include insomnia/sleep disturbance, nausea and vomiting. Some people might experience pain in the left upper quadrant of the abdomen due to spleen enlargement secondary to leukocytosis after administering G-CSF, which in rare cases can complicate with splenic rupture.

Please don't hesitate to call our emergency number which is manned 24/7, should you have any questions – 07710 599161.

Yours faithfully



Dr Ruta Maniusyte
Medical Officer
Anthony Nolan