

# The CAR T Cell Therapy Process

~8-12 weeks



## Talk with your doctor about CAR T cell therapy.....p.2

1-2 weeks\*

During your first visit, the cell therapy team will provide information around the risks and benefits of cell therapy, evaluate if it's the best treatment option for you, and understand your interest in moving forward. If you and your doctor decide to move forward with CAR T cell therapy, you will be advised of next steps



## Apheresis to collect your blood cells.....p.3

2-5 hours\*

In a procedure called “apheresis”, your blood will be drawn and T cells will be collected and sent to a cell engineering lab which produces the CAR T cell therapy made specifically for you



## During CAR T cell manufacturing you may require additional therapy for your cancer.....p.4

2-5 weeks\*

While your T cells are becoming CAR T cells at the manufacturing facility, you may receive treatment to help manage your disease while you wait



## Required chemotherapy before CAR T infusion.....p.5

3-4 days\*

Depending on your disease and the CAR T therapy you are receiving, you will receive low-dose chemotherapy prior to your CAR T infusion to create space for your CAR T cells to be infused



## CAR T infusion day.....p.6

≥1 hour\*

You will receive an infusion of your CAR T cells. They can now multiply inside you and fight off the target cells, including cancer cells and some normal cells



## Close monitoring near the CAR T treatment center.....p.7

≥4 weeks\*

As side effects can happen, you will need to be watched closely by your care team and caregiver for some time after treatment so any side effects you may experience can be managed by your doctor

Caregiver



## Life after CAR T cell therapy.....p.8

You will continue to visit your treatment team (at a frequency determined by your doctor) for ongoing monitoring of your disease status and treatment of any side effects

\*Timings shown here are estimates and may vary by institution and by patient

# The CAR T Cell Therapy Process

 1-2 weeks



## Talk with your doctor about CAR T cell therapy



Your doctor may want you to talk with additional members of the CAR T cell therapy treatment team including social workers, pharmacists, and/or nurses to ensure you have all needed information to make a decision that is best for you. You may be sent to a team that specializes in CAR T cell therapy

- Additional testing may also be needed to determine if CAR T cell therapy is a good fit for you. This testing may be scheduled with your primary oncologist or the CAR T treatment center



Additional tests may be performed in separate appointments depending on scheduling and the number/type of tests your doctor(s) decide to order. These tests may include:

- Blood tests
- Ultrasound of your heart
- Additional scans to understand information about your disease if recent scans have not been performed
- Breathing tests



If you and your treatment team decide that CAR T cell therapy is a good option for you, an appointment will be scheduled for you to undergo a blood collection procedure, called apheresis, to collect your T cells that will be used to make your CAR T cell therapy



### To prepare for CAR T cell therapy, you may want to do the following:

- Discuss with family and friends and ask for someone to be by your side as a care partner during this journey
- Arrange a leave of absence from work or disability leave
- Meet with a social worker to assist you with aspects of this process, such as arranging a leave of absence from work and/or requesting disability
- Arrange childcare and/or pet care, if needed
- Meet with a member of your CAR T cell therapy healthcare team to discuss medications and potential side effects

# The CAR T Cell Therapy Process



2-5 hours

## Apheresis to collect your blood cells

After completing any necessary consent forms required by your healthcare team, you will be scheduled for apheresis. The T cells collected from your blood will be sent to a manufacturing site where they will be modified into your CAR T therapy

- Your blood may be drawn at the CAR T treatment center, or at an external center



During the blood collection procedure, your healthcare provider will make you comfortable in a reclining chair or bed. They will place either two intravenous (IV) lines in your arms or a temporary central line. One IV line removes your blood (and white blood cells are separated), while the other returns the remainder of the blood without your white blood cells, back into your body



After the apheresis procedure, you may be monitored for a short period of time to ensure you have no side effects related to the procedure

- Your healthcare provider may order blood testing prior to or after the collection



Your doctor may advise for you to take it easy for the first day or so after this procedure to recover

- You may want to ask your doctor about any symptoms you should watch for and when to seek medical care. They may include:
  - You have a fever of 100.4 °F, as this may be a sign of infection
  - If you have redness, drainage, or pain at the IV or central line access site, if present
  - You have new symptoms of concern or symptoms that are getting worse or changing

# The CAR T Cell Therapy Process

 2-5 weeks



## During CAR T cell manufacturing you may require additional therapy for your cancer

While your cells are being manufactured into CAR T cells, your doctor may recommend to treat you with additional therapy to control your disease. This therapy is frequently called “bridging therapy”



Your treatment will depend on your specific disease and symptoms, and is individualized for each patient



Bridging therapy may be administered at the CAR T treatment center or at your local clinic



Your doctor will also decide if additional blood work or imaging is needed while you wait for your CAR T cells to be manufactured



While waiting for your CAR T cell therapy to be ready, consider doing activities that you find enjoyable, such as spending time with family and friends, and participating in hobbies like reading or taking a walk outdoors. Talk to your doctor about what is best for you

# The CAR T Cell Therapy Process

 3-4 days



## Required chemotherapy before CAR T infusion

Your doctor will notify you when you should return to the CAR T treatment center. This will often occur the week prior to your CAR T infusion



Depending on your disease and the CAR T therapy you are receiving, you will receive chemotherapy prior to your CAR T infusion. This chemotherapy is commonly known as lymphodepleting chemotherapy and helps prepare your body for the CAR T cells

- This treatment begins several days prior to your CAR T infusion



Side effects associated with lymphodepleting chemotherapy differ based on the chemotherapy and may include:

- Nausea/vomiting
- Fatigue
- Low blood counts
- You may also be at risk for an infection and should monitor for fevers (temperature of 100.4 or greater)

Talk to your doctor to understand any potential side effects



Depending on your CAR T treatment center as well as aspects of your specific disease, your doctor will decide whether you will receive your treatment in an inpatient or an outpatient setting

- Your treatment team will likely require you to have a caregiver to help during and after your CAR T treatment. The details of these requirements will have been provided during your initial meeting with the treatment team. You should plan to be close to the CAR T treatment center for the duration of this treatment and typically for up to four weeks following your CAR T cell infusion
- You may be able to reach out to your treatment center or CAR T manufacturer for resources and/or to learn about your eligibility for financial support with lodging, transportation, and meals, if available

# The CAR T Cell Therapy Process

 ≥1 hour



## CAR T infusion day

Your CAR T cell therapy healthcare team will let you know the details about your CAR T treatment such as the date of infusion and when to arrive at the treatment center. This information may be located on a reference wallet card or other resource

- Depending on multiple factors, your doctor will have decided if you will receive your CAR T treatment in the outpatient setting or if you will be admitted to the hospital



Steps of the infusion process:

1. Prior to the infusion, you may receive medications such as acetaminophen or diphenhydramine to reduce the risk of an allergic reaction during the infusion
2. Your CAR T cells will be infused via an IV line and they may be in an infusion bag or a syringe, depending on the product
3. The infusion time varies, but can usually be completed over the course of 1 hour



- This infusion process takes about 1-6 hours from start to finish
- After you receive your CAR T cells, you may remain in the hospital or be discharged, depending on what you and your doctor decide is best
  - You will require frequent monitoring or check-ins immediately after CAR T infusion

# The CAR T Cell Therapy Process

 **≥4 weeks**



## Close monitoring nearby the center

Depending on how far you live from your CAR T treatment center, your doctor may require you to stay closer during the initial post-treatment period. This is to monitor you for any side effects that need to be addressed



After your CAR T infusion, side effects can occur that your healthcare team is trained to monitor and manage

- The two most common side effects related to CAR T cell therapy include cytokine release syndrome (CRS) and neurologic toxicities
- Common signs and symptoms of CRS and neurotoxicity include:
  - ✓ Fever
  - ✓ Headaches
  - ✓ Difficulty breathing
  - ✓ Tremors
  - ✓ Rapid heart rate
  - ✓ Confusion
- These are not all of the symptoms associated with CRS or neurotoxicity or CAR T cell therapy, and you should speak with your doctor if you have any symptoms of concern after your CAR T cell infusion
- Note that you may require medications, treatments, or hospitalization depending on the side effects you have and their severity



### To prepare for the monitoring period following CAR T cell therapy infusion, you may want to do the following:

- Ensure your caregiver is available to be with you during the 4 weeks following CAR T cell therapy infusion
- Plan for transportation, or time off from work, as patients are advised to refrain from driving or hazardous activities for at least 8 weeks following CAR T cell therapy infusion

# The CAR T Cell Therapy Process



## Life after CAR T cell therapy

After staying near the CAR T treatment center for close monitoring, if your doctor decides that all side effects have resolved to a safe level, you will return home and follow up for ongoing care with your local oncology care team

After discharge from your CAR T treatment center, your local oncologist will be provided with details of your treatment. They should work closely with your CAR T cell therapy provider to ensure your post-treatment period goes as smoothly as possible



As you return to your normal life following the CAR T therapy process, your CAR T cells may continue to work inside you after treatment



Initially following therapy, you will be monitored frequently. As time passes and depending on your response to CAR T treatment, your follow-up appointments may become less frequent

- You will be monitored life-long for side effects of CAR T cell therapy
- Your doctor will provide instruction regarding
  - Frequency of ongoing appointments
  - Any tests, procedures, or medications to monitor your disease and/or assess or treat any side effects
- You may not need additional cancer treatment while responding to CAR T cell therapy