

Nutrition for Stem Cell Transplant

Nutrition is an important part of your treatment plan. You may find that illness and treatment changes your ability to eat well. Other problems you may experience include:

- Low appetite
- Taste and smell changes
- Dry mouth or mouth sores
- Nausea and vomiting
- Diarrhea or constipation
- Weight loss

Your immune system is weaker after transplant. This makes it easier to get a foodborne illness from contaminated food. Transplant also increases the amount of calories and protein you need. See below to learn more.

Recorded session

This session is recorded for viewing as often as you'd like.

Click the link below or copy and paste it into your web browser:

<https://youtu.be/PzTjlpce8bk?si=c7peqAydxC4f0h>

Handouts

Access handouts for this recorded session at ahs.ca/NutritionWorkshops.

Search "stem cell".

Questions

Talk to your dietitian about nutrition and cancer. Ask your cancer team for a referral.



Call, text, or chat with 211 Alberta (ab.211.ca/) to find out about financial benefits, programs, and services.