



Patient Instructions For ECP (Extracorporeal Photopheresis)

The Day Before ECP

- Eat a low fat meal for the two meals prior to ECP
(Refer to the low fat meal instruction sheet attached)
- Drink at least eight 8oz glasses of caffeine-free liquids the day before ECP

Preparing for ECP

- Arrange to have someone drive you for your first ECP treatment
- Wear loose, comfortable clothing to the procedure. Wear clothing that allows easy access to your arms and chest, such as short sleeved tops that zipper or button close. Avoid tight fitting, pullover shirts.
- Bring your medications with you, including pain and anti-nausea medications.
- Bring your PUVA glasses (if you have them). You may use your own sunglasses if they wrap-around your face and provide 98-100% UV protection.

ECP Treatment Day

- If instructed, apply numbing cream to IV site and cover with occlusive dressing 1 hour before your ECP treatment time.
- Keep all scheduled clinic appointments on the day of treatment including blood draw appointments at Mott Hospital, Level 2, Blood Drawing Station located by the Clinic elevators. Allow time before your treatment to complete these appointments.
- Check in for ECP at the Mott Hospital, Level 7 clinic reception area at the scheduled time, late arrivals may affect your treatment that day.

- Patients may have one adult family member or friend in the treatment area. Family and friends may also wait in the level 7 or level 8 waiting area during your ECP. There are pagers available for family at the level 7 check-in desk so we can reach them if they leave the area. (Pagers may not work outside the building). Patients less than 18 years of age must have a parent or guardian remain in the building during ECP.

Canceling ECP Appointments

- You must notify the ECP treatment area as soon as you are aware of a scheduling problem.
- To cancel appointments 24-48 hours ahead of time: call **(734) 232-8891**. If an emergency causes you to cancel on the day of your procedure, call (734) 232-8891 by 7am. We will notify your physician and develop a plan once your appointment is rescheduled.
- Appointments will be rescheduled to the next available treatment time. We will work with you and your doctors to treat you according to your plan, however, rescheduling an appointment may impact your treatment plan.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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