



My Transplant Log

After a kidney/pancreas transplant

This section of the Guide to Your Kidney/Pancreas Transplant explains the tests you will have after your transplant. It includes tables for you to record your vital signs and test results.

Self-care after your kidney or pancreas transplant is very important. You will need to:

- Check your vital signs (temperature, weight, blood pressure (BP), and pulse) every day
- Measure your fluid intake and urine output every day
- Have lab tests done regularly

Problems with the kidney or pancreas graft show up as changes in your labs or vital signs. The transplant team watches closely for such changes so they can take action before problems get out of hand.

At first, lab tests will be done quite often. As the function of your organ stabilizes, tests and monitoring of your vital signs will be needed less often.

Vital Signs

Record your vital signs every day on the “Health Log Record” on page 20-7. The vital signs you will need to check and record every day are temperature, weight, blood pressure, and pulse.

Temperature

Take your temperature at least once a day, and any time you feel ill with chills or fever. Normal body temperature is 98.6°F (36.9°C). A temperature conversion chart is on page 20-5.

Call your doctor or transplant coordinator if you have:

- Fever higher than 100°F (37.8°C)
- Any fever for more than 1 day

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Weight

Weigh yourself every morning after going to the bathroom and before you eat breakfast. Sudden weight gain can mean your kidney function has decreased and you are retaining fluid. Rapid weight loss can be a sign of dehydration. Report sudden changes in your weight to your transplant coordinator or doctor.

Blood Pressure

High blood pressure can damage your kidney. *Systolic pressure* (upper number) is the pressure created when your heart squeezes blood into your circulatory system. *Diastolic pressure* (lower number) is when the heart relaxes between beats. Normal blood pressure is about 130 (or less) over 80 (or less). Your goal BP is: _____.

Take your blood pressure 2 times a day or before taking any blood pressure medications, and at other times as directed by your transplant coordinator or doctors. Obtain a blood pressure machine and, if possible, one that also records your pulse. Check its accuracy with the one your doctor uses.

Pulse

Your pulse rate is also known as your heartbeat. It is usually measured as beats per minute. Take your pulse in your wrist or neck, or record the number from your blood pressure machine, 2 times a day or before you take any blood pressure medications.

Symptoms

Just after your transplant, it is also helpful to record any unusual symptoms or feelings you may have. Some symptoms to watch for are:

- Flu-like symptoms such as aches, chills, fever, and fatigue
- Nausea or vomiting
- Headaches
- Chest pains
- Stomach cramps
- Muscle aches or pains
- Breathing problems
- Skin rash
- Swelling, warmth, or tenderness over your transplant incision area
- Swollen ankles or legs
- Decreasing amounts of urine
- Burning feeling when you urinate
- Change in the color or smell of your urine

Lab Tests

A list of common lab tests used by the transplant team to monitor the function of your kidney or pancreas grafts is on page 20-4. The normal range for each test result is also listed. There is space on the “Health Log Record” to record some of the common lab tests so that you can track your own progress. What is normal for you may not be normal for someone else. Ask your transplant team for your own personal target values.

At your clinic visits, you will also be given copies of all your lab tests and other studies. If you would like, you can also sign up to receive these online.

Fluid Intake and Urine Output

Keeping up with the increased urine output made by your new kidney can be hard! Monitoring the amount of fluid you drink and the amount of urine you make helps make the job easier. When fluid intake is a lot less than urine output, you can become dehydrated. This can strain your new kidney.

Keep track of the time of day and the amounts of your fluid intake and urine output using the “Fluid Intake and Urine Output Record.” See the sample record on page 20-8. Add up your amounts and record them on the “Health Log Record.” A fluid conversion chart from ounces to metric (cc) is given on page 20-4.

Medications

It is important to know what medications you are taking and to keep track of them. The best way to do this is to keep a written list. This helps the transplant team adjust your medications when needed.

Keep track of your medications with the profiles provided in this manual. See the sample profile on page 20-9. Remember to include over-the-counter (OTC), dietary supplements, and herbal or natural medications.

Blood Sugar

Most patients will keep track of their blood sugars and insulin doses. There is room on the daily “Health Log Record” to record 4 blood sugars each day.

Labs

Lab Name	Common Name	Normal Value	
K	Potassium	3.7 to 5.2 mEq/L	
Cr	Creatinine	0.3 to 1.2 mg/dl	
BUN	Blood urea nitrogen	8% to 12%	
WBC	White blood cell count	4.3 thousand to 10 thousand	
HCT	Hematocrit	Men: 39% to 55%	Women: 36% to 46%
CO₂	Carbon dioxide	22 to 32 mEq/L	
Glucose	Blood sugar	62 to 125 mg/dL	

Fluid Volumes

$\frac{1}{3}$ ounce = 1 ml = 1 cc

Food Container	Ounces	Metric (cc)
Soup	6	180
Jell-O	3	90
Ice cream	3	90
Water (pitcher)	30	900
Water (small glass)	6	180
Small juice (glass)	4	120
Paper cup (small)	6.5	200
Milk carton (1 serving)	8	240
Popsicle	2.5	75

Converting Fahrenheit (°F) to Centigrade (°C)

°F	°C
96.0	35.5
96.1	35.6
96.2	35.6
96.3	35.7
96.4	35.7
96.5	35.8
96.6	35.8
96.7	35.9
96.8	36.0
96.9	36.1
97.0	36.2
97.1	36.2
97.2	36.2
97.3	36.3
97.4	36.3
97.5	36.4
97.6	36.4
97.7	36.5
97.8	36.6
97.9	36.6
98.0	36.7
98.1	36.7
98.2	36.8
98.3	36.8
98.4	36.8
98.5	36.9
98.6	36.9

°F	°C
98.7	37.0
98.8	37.1
98.9	37.2
99.0	37.2
99.1	37.3
99.2	37.3
99.3	37.4
99.4	37.4
99.5	37.5
99.6	37.6
99.7	37.6
99.8	37.7
99.9	37.7
100.0	37.8
100.1	37.8
100.2	37.9
100.3	37.9
100.4	37.9
100.5	38.1
100.6	38.1
100.7	38.2
100.8	38.2
100.9	38.3
101.0	38.3
101.1	38.4
101.2	38.4
101.3	38.5

°F	°C
101.4	38.6
101.5	38.6
101.6	38.7
101.7	38.7
101.8	38.8
101.9	38.8
102.0	38.9
102.1	38.9
102.2	39.0
102.3	39.1
102.4	39.1
102.5	39.2
102.6	39.2
102.7	39.3
102.8	39.3
102.9	39.4
103.0	39.4
103.1	39.5
103.2	39.6
103.3	39.6
103.4	39.7
103.5	39.7
103.6	39.8
103.7	39.8
103.8	39.9
103.9	39.9

Converting Pounds (LB) to Kilograms (KG)

LB	KG	LB	KG	LB	KG	LB	KG	LB	KG
80	36.3	116	52.6	152	68.9	188	85.3	224	101.6
81	36.7	117	53.1	153	69.4	189	85.7	225	102.1
82	37.2	118	53.5	154	69.9	190	86.2	226	102.5
83	37.6	119	54.0	155	70.3	191	86.6	227	103.0
84	38.1	120	54.4	156	70.8	192	87.1	228	103.4
85	38.6	121	54.9	157	71.2	193	87.3	229	103.9
86	39.0	122	55.3	158	71.7	194	88.0	230	104.3
87	39.5	123	55.8	159	72.1	195	88.5	231	104.8
88	39.9	124	56.2	160	72.6	196	88.9	232	105.2
89	40.4	125	56.7	161	73.0	197	89.4	233	105.7
90	40.8	126	57.2	162	73.5	198	89.8	234	106.1
91	41.3	127	57.6	163	73.9	199	90.3	235	106.6
92	41.7	128	58.1	164	74.4	200	90.7	236	107.0
93	42.2	129	58.5	165	74.8	201	91.2	237	107.5
94	42.6	130	59.0	166	75.3	202	91.6	238	108.0
95	43.1	131	59.4	167	75.7	203	92.1	239	108.4
96	43.5	132	59.9	168	76.2	204	92.5	240	108.9
97	44.0	133	60.3	169	76.7	205	93.0	241	109.3
98	44.5	134	60.8	170	77.1	206	93.4	242	109.8
99	44.9	135	61.2	171	77.6	207	93.9	243	110.2
100	45.4	136	61.7	172	78.0	208	94.3	244	110.7
101	45.8	137	62.1	173	78.5	209	94.8	245	111.1
102	46.3	138	62.6	174	78.9	210	95.3	246	111.6
103	46.7	139	63.0	175	79.4	211	95.7	247	112.0
104	47.2	140	63.5	176	79.9	212	96.2	248	112.5
105	47.6	141	64.0	177	80.3	213	96.6	249	112.9
106	48.1	142	64.4	178	80.7	214	97.2	250	113.4
107	48.5	143	64.9	179	81.2	215	98.0	251	113.9
108	49.0	144	65.3	180	81.6	216	98.4	252	114.3
109	49.4	145	65.8	181	82.1	217	98.9	253	114.8
110	49.9	146	66.2	182	82.6	218	99.3	254	115.2
111	50.3	147	66.7	183	83.0	219	99.8	255	115.7
112	50.8	148	67.1	184	83.5	220	99.8	256	116.1
113	51.3	149	67.6	185	83.9	221	100.2	257	116.6
114	51.7	150	68.0	186	84.4	222	100.7	258	117.0
115	52.2	151	68.5	187	84.8	223	101.2	259	117.5

[illegible]

List all medications that you use, including prescription, non-prescription (OTC), dietary supplements, and herbal medicines.

[illegible]

Your questions are important. Call your transplant coordinator during business hours.

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