



Medical Log

For a liver transplant

Checking your vital signs (blood pressure, pulse, temperature, weight), every day and having lab tests done regularly are an important part of the post-transplant care of your liver. Problems with the liver transplant may 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, the tests and vital sign monitoring will be needed less often.

Vital Signs

Record measured vital signs daily in your *Medical Log*. The vital signs you will need to check and keep a record of every day are blood pressure, pulse, temperature, and weight. You may also be asked to keep a record of your blood sugar levels.

Blood Pressure

High blood pressure can be harmful to your health. Systolic (upper number) is the pressure created by the heart squeezing blood into your circulatory system. Diastolic (lower number) is when the heart relaxes between beats. Normal blood pressure is 90-140 over 60-90.

Take your blood pressure twice 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 records both blood pressure and pulse. Check its accuracy with the one used by your doctor.

Pulse

Your pulse rate, also known as your heart beat, is usually measured as beats per minute. Take your pulse in your wrist or neck or record the number from your blood pressure machine twice a day or before taking any blood pressure medications.

Temperature

Take your temperature at least twice daily and any time you feel ill with chills or fever. Normal body temperature is 98.6° Fahrenheit. Report temperatures greater than 100° Fahrenheit (38° Centigrade) or any fever you've had for more than a day to your doctor or transplant coordinator. A temperature conversion chart is provided on page 11-45.

Weight

Weigh yourself every morning after going to the bathroom but 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 rapid changes in your weight to your transplant coordinator or doctor.

Symptoms

Just after your transplant, it is also helpful to record or take note of any unusual symptoms or feelings you may be having. Some symptoms may include:

- Flu-like feelings.
- Nausea or vomiting.
- Headaches.
- Stomach cramps.
- Muscle aches or pains.
- Jaundice (skin or whites of eyes are yellow).
- Swelling, warmth, tenderness over transplant incision area.
- Swelling of ankles or legs.
- Decreasing amounts of urine.
- Burning feeling upon urination.
- Change in color or odor of urine.

Lab Tests

Included is a list of common lab tests used by the Transplant Team to monitor the function of your liver. The normal range for each test is also listed. There is space in your *Medical Log* to record some of the common lab tests and enable

you to follow your own progress. What's normal for you may not be normal for someone else. Ask someone on the Transplant Team if you have questions about your lab values.

Medications

It is important to know and keep track of your medications. The best way to do this is to keep a written list. This helps the Transplant Team adjust your medications. Keep track of your medications with the profiles provided. Don't forget to include over-the-counter (OTC), dietary supplements, and herbal or natural medications. Please check with someone on the Transplant Team before taking any OTC, dietary supplements, and herbal or natural medications.

Blood Sugar

At the time of discharge, you may be required to check your blood sugar levels and inject insulin. Record your blood sugar levels and insulin dosing in your *Medical Log*. The Transplant Team uses this information to adjust your insulin dose, if needed. You may be referred to the Diabetes Care Center to manage your diabetes.

Vital Sign Record for Week _____ to _____

DAY	SUN	MON	TUE	WED	THU	FRI	SAT
DATE							
TEMP	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM
WEIGHT <i>Goal =</i> _____							
BLOOD PRESSURE	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM
PULSE	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM

Vital Sign Record for Week _____ to _____

DAY	SUN	MON	TUE	WED	THU	FRI	SAT
DATE							
TEMP	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM
WEIGHT Goal = _____							
BLOOD PRESSURE	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM
PULSE	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM

Liver Care and Transplantation

Vital Sign Record for Week _____ to _____

DAY	SUN	MON	TUE	WED	THU	FRI	SAT
DATE							
TEMP	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM
WEIGHT <i>Goal =</i> _____							
BLOOD PRESSURE	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM
PULSE	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM

Vital Sign Record for Week _____ to _____

DAY	SUN	MON	TUE	WED	THU	FRI	SAT
DATE							
TEMP	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM
WEIGHT <i>Goal =</i> _____							
BLOOD PRESSURE	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM
PULSE	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM

Vital Sign Record for Week _____ to _____

DAY	SUN	MON	TUE	WED	THU	FRI	SAT
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TEMP	AM	AM	AM	AM	AM	AM	AM
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WEIGHT <i>Goal =</i> _____							
BLOOD PRESSURE	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM
PULSE	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM

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BLOOD PRESSURE	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM
PULSE	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM

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PULSE	AM	AM	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM	PM	PM

Labs Log for Week _____ to _____

DAY	SUN	MON	TUE	WED	THU	FRI	SAT
Date							
LABS							
Potassium							
Creatinine							
WBC/ANC							
Hct							
Platelets							
PT							
INR							
Billrubin							
AST							
ALT							
ALK PHOS							
GGT							
Albumin							
Tacrolimus							
Other							

Labs Log for Week _____ to _____

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Creatinine							
WBC/ANC							
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Platelets							
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Billrubin							
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ALT							
ALK PHOS							
GGT							
Albumin							
Tacrolimus							
Other							

Conversion Table: Fahrenheit (°F) to Centigrade (°C)

$$^{\circ}\text{C} = \frac{(^{\circ}\text{F} - 32) \times 5}{9} \quad ^{\circ}\text{F} = (1.8 \times ^{\circ}\text{C}) + 32$$

°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
98.7	37.0

°F	°C
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
101.4	38.6
101.5	38.6

°F	°C
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

Conversion Table: Pounds (LB) to Kilograms (KG)

LB	KG
80	36.3
81	36.7
82	37.2
83	37.6
84	38.1
85	38.6
86	39.0
87	39.5
88	39.9
89	40.4
90	40.8
91	41.3
92	41.7
93	42.2
94	42.6
95	43.1
96	43.5
97	44.0
98	44.5
99	44.9
100	45.4
101	45.8
102	46.3
103	46.7
104	47.2
105	47.6
106	48.1
107	48.5

LB	KG
108	49.0
109	49.4
110	49.9
111	50.3
112	50.8
113	51.3
114	51.7
115	52.2
116	52.6
117	53.1
118	53.5
119	54.0
120	54.4
121	54.9
122	55.3
123	55.8
124	56.2
125	56.7
126	57.2
127	57.6
128	58.1
129	58.5
130	59.0
131	59.4
132	59.0
133	60.3
134	60.8
135	61.2

LB	KG
136	61.7
137	62.1
138	62.6
139	63.0
140	63.5
141	64.0
142	64.4
143	64.9
144	65.3
145	65.8
146	66.2
147	66.7
148	67.1
149	67.6
150	68.0
151	68.5
152	68.9
153	69.4
154	69.9
155	70.3
156	70.8
157	71.2
158	71.7
159	72.1
160	72.6
161	73.0
162	73.5
163	73.9

LB	KG
164	74.4
165	74.8
166	75.3
167	75.7
168	76.2
169	76.7
170	77.1
171	77.6
172	78.0
173	78.5
174	78.9
175	79.4
176	79.4
177	80.3
178	80.7
179	81.2
180	81.6
181	82.1
182	82.6
183	83.0
184	83.5
185	83.9
186	84.4
187	84.8
188	85.3
189	85.7
190	86.2
191	86.6
192	87.1
193	87.3
194	88.0
195	88.5

LB	KG
196	88.9
197	89.4
198	89.8
199	90.3
200	90.7
201	91.2
202	91.6
203	92.1
204	92.5
205	93.0
206	93.4
207	93.9
208	94.3
209	94.8
210	95.3
211	95.7
212	96.2
213	96.6
214	97.2
215	98.0
216	98.4
217	98.9
218	99.3
219	99.8
220	99.8
221	100.2
222	100.7
223	101.2
224	101.6
225	102.1
226	102.5
227	103.0

LB	KG
228	103.4
229	103.9
230	104.3
231	104.8
232	105.2
233	105.7
234	106.1
235	106.6
236	107.0
237	107.5
238	108.0
239	108.4
240	108.9
241	109.3
242	109.8
243	110.2
244	110.7
245	111.1
246	111.6
247	112.0
248	112.5
249	112.9
250	113.4
251	113.9
252	114.3
253	114.8
254	115.2
255	115.7
256	116.1
257	116.6
258	117.0
259	117.5

