



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

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
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
108	49.0
109	49.4
110	49.9
111	50.3
112	50.8
113	51.3
114	51.7
115	52.2

LB	KG
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	59.9
133	60.3
134	60.8
135	61.2
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

LB	KG
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
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

LB	KG
188	85.3
189	85.7
190	86.2
191	86.6
192	87.1
193	87.3
194	88.0
195	88.5
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

LB	KG
224	101.6
225	102.1
226	102.5
227	103.0
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

