

Chapter 8: Home Monitoring

Vital Signs

Blood pressure

- Check your blood pressure 2 to 4 times a day. Record the date and time of each reading.
- Each person's "normal" may be different.
- Your nephrologist will review your blood pressure readings and adjust your medications if needed.

Temperature

- Check your temperature 2 times a day.
- Use a digital thermometer.
- Do not check your temperature within 5 minutes of drinking or eating hot or cold beverages or foods.

Weight

- Check your weight once every day.
- Weigh yourself at the same time, on the same scale and with the same amount of clothing.

Diabetes

- If you have diabetes, you will receive instructions how to monitor your blood glucose.
- It is very important to follow with the doctor who manages your diabetes. Some transplant medications can increase your blood glucose and you may need your diabetes medication adjusted.

When to Call the Kidney Transplant Clinic

Call the Kidney Transplant Clinic if:

- the top number of your blood pressure is more than 160
or the bottom number is more than 90 three times in a row
- your blood pressure reading is very different from your usual readings
- your temperature is more than 100.4 F
- you have nausea, vomiting or diarrhea
- you don't feel well in general.

Use the worksheets in the Home Monitoring chapter of this binder. Bring this booklet with your tracking logs to your Kidney Transplant Clinic appointments.