

Lis kontwòl konsènan swen yo bay lakay apre grèf ren, pankreya oswa fwa

Home Care Checklist After Kidney, Pancreas, or Liver Transplant

Daily care

- **Take your anti-rejection medicines every 12 hours at a set time.**
 - Do not miss any medicine doses.
 - Do not take your medicine more than 4 hours after the scheduled time.
- **Weigh yourself** every morning after you urinate and before you dress.
- **Check and record your blood pressure, heart rate, and temperature** every morning, after lunch, and each evening for the first 3 months. After that, check 1 time each day.
- **Drink 3 liters of fluid every day.** Avoid caffeine. Tap water is okay to drink.
- Follow a low salt (sodium) diet.
- Be sure you and your family members **wash your hands well and often** to prevent the spread of germs that can cause infections.

Follow up care

- **If you have home health** coming in, call them to arrange your timed lab draws. See the home health phone number on your discharge instructions.
- See your kidney or liver specialist within the first 3 months after going home.

Swen chak jou

- **Pran medikaman ki kont rejè yo nan lè ki fiks chak 12 èdtan.**
 - Pa rate okenn dòz medikaman.
 - Pa pran medikaman w plis pase 4 èdtan apre lè ki te prevwa a.
- **Pran pwa w** chak maten apre w fin pipi epi anvan w met rad sou ou.
- **Tcheke epi make tansyon w genyen, batman kè w, ak tanperati w** chak maten, apre w fin manje, epi chak swa pandan 3 premye mwa yo. Apre sa, verifye 1 fwa chak jou.
- **Bwè 3 lit likid chak jou.** Evite pran kafeyin. Ou ka bwè dlo ki nan robinè a.
- Manje manje ki gen yon ti kras sèl (sodyòm).
- Asire ou menm ak moun nan fanmi w **byen lave men nou epi fè sa souvan** pou anpeche mikwòb ki ka lakòz enfeksyon gaye.

Suivi anrapò ak swen yo

- **Si w gen moun k ap vin ba w swen lakay ou,** rele yo pou yo aranje yo pou yo fè prelevman pou ou atan pou ka pote nan laboratwa. Gade nimewo telefòn moun k ap vin ba w swen lakay ou nan enstriksyon yo te ba w lè w t ap kite lopital la.
- Wè espesyalis ren oswa fwa a 3 premye mwa apre w fin tounen lakay ou.



- Bring your medicine list and your blood pressure, heart rate, temperature, and weight record to all of your doctor visits.
- Chak fwa w al nan vizit doktè, pote lis medikaman w pran, ak tansyon, batman kè, tanperati w ak pwa w make nan kaye a.

Lab draws on Mondays and Thursdays

Tacrolimus (brand name Prograf):

Do not take this medicine until after your blood is drawn. Your labs need to be drawn **within 15 to 30 minutes of the time your medicine dose is due to be taken.**

Call your coordinator

Call your post-transplant coordinator at **614-293-8746** or **800-626-2538** if you have:

- Pain that gets worse.
- Signs of a cold or the flu, such as fever, body aches, chills, nausea, vomiting, diarrhea, coughing, or sore throat.
- New wound drainage or a change in the color or amount of your wound drainage.
- Swelling in your feet, hands, or face.
- No urine coming out.
- Gained 2 or more pounds in a day, or 5 pounds or more in a week.
- Top number of your blood pressure is above 160 more than 2 times in 1 day.
- Problems getting your anti-rejection medicines because of issues with delivery, money, or loss of insurance.

Prelèvman nan lendi ak nan jedi

Tacrolimus (non mak Prograf):

Pa pran medikaman sa a jiskaske yo fin pran san w pou analize. Yo dwe fè analiz yo **nan 15 a 30 minit apre w fin pran dòz medikaman w.**

Rele Kowòdonatè w la

Rele kowòdonatè pou apre grèf la nan **614-293-8746** oswa **800-626-2538** si ou gen:

- Doulè ki vin pi rèd
- Siy rim oswa grip, tankou fyèv, kò fè mal, kè plen, vomisman, dyare, tous oswa gòj fè mal
- Nouvo maleng oswa chanjman koulè oswa kantite maleng ki genyen
- Pye, men, oswa vizaj ki anfle
- Pa ka pipi
- Pran plis pase 2 liv oswa plis nan yon jou oubyen 5 liv nan yon semèn
- Chif ki pi wo lè yo pran tansyon w pi wo pase 160 plis pase 2 fwa nan yon 1 jounen
- Difilite pou w jwenn medikaman kont rejè akòz pwoblèm livrezon, kòb oswa ou pèdi asirans.

Going home

Watch this short video about your instructions for going home after transplant. Scan the QR code or go to go.osu.edu/posttransplantvideo.



Ale lakay ou

Gade videyo tout kout sa a konsènan enstriksyon pou w suiv pou w ale lakay ou apre yon grèf. Skane kòd QR la oswa ale sou go.osu.edu/posttransplantvideo.



Dokiman sa a se sèlman pou ka bay enfòmasyon. Pale ak doktè w oswa ekip swen sante w la sou nenpòt kesyon ou ka genyen konsènan swen y ap ba w. Pou plis enfòmasyon, kontakte “Library for Health Information” nan 614-293-3707 oswa health-info@osu.edu.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care. For more health information, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.