

肾脏、胰腺或肝脏移植后家庭护理清单

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.

日常护理

- **每 12 小时在规定时间内服用一次抗排斥药物。**
 - 切勿错过任何服药时间。
 - 服药时间切勿超过规定时间 4 小时。
- 每天早上排尿后和穿衣前**称量体重**。
- 在最初头 3 个月的每天早上、午餐后和晚上**检查并记录血压、心率和体温**。之后每天检查 1 次。
- **每天饮用 3 升水**。避免摄入咖啡因。可以饮用自来水。
- 遵循低盐（钠）饮食习惯。
- 确保您和您的家人**勤洗手**，以防止病菌传播而导致感染。

后续护理

- **如果您有家庭保健服务**，请致电他们安排您定期作实验室抽血检查。请参见出院说明上的家庭保健服务电话号码。
- 回家后最初 3 个月内到肾脏或肝脏专科医生处就诊。



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- Bring your medicine list and your blood pressure, heart rate, temperature, and weight record to all of your doctor visits.

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.

- 就诊时请携带用药清单以及血压、心率、体温和体重记录。

每周一和周四进行实验室抽血检查

他克莫司 (品牌名 Prograf) :

抽血前不要服用这种药物。您需要在**按时服药后 15 至 30 分钟内**进行实验室抽血检查。

致电您的协调员

如果您出现以下情况, 请拨打 **614-293-8746** 或 **800-626-2538** 与您的移植后协调员联系:

- 疼痛加剧。
- 感冒或流感症状, 如发烧、全身疼痛、发冷、恶心、呕吐、腹泻、咳嗽或喉咙痛。
- 新出现伤口排液或伤口排液颜色或排液量发生变化。
- 足、手或脸部肿胀。
- 没有排尿。
- 一天内体重增加 2 磅或更多, 或一周内体重增加 5 磅或更多。
- 一天内的最高血压值 2 次超过 160。
- 由于快递、钱款或保险损失等问题而无法获得抗排斥药物。

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.



返家

观看有关移植后返家护理指南的短视频。扫描二维码或访问 go.osu.edu/posttransplantvideo。



本手册仅供参考。如果您对自己的护理有任何疑问，请咨询您的医生或医疗团队。如需了解更多健康信息，请拨打 614-293-3707 或通过 health-info@osu.edu 与 Library for Health Information（健康信息文库）联系。

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.