

Liiska Hubinta Daryeelka Guriga Kadib Talaalka Kalyaha, Xameetida, ama Beerka

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.

Daryeelka Maalinlaha ah

- **Qaado daawooyinkaaga ka hortaga falcelinta talaalka unuga 12 saacadoodba mar wakhti go'an.**
 - Ha seegin qaadashada kuuro.
 - Ha qaadan daawadaada in ka badan 4 saacadood kadib wakhtiga loo qorsheeyay.
- **Is-miisaan** subax kasta kadib markaad kaadido iyo kahor intaadan labisanin
- **Hubi oo qor heerka dhiig karkaaga, wadna garaacaaga, iyo heerkulkaaga** subax kasta, qadada kadib, iyo fiid kasta 3 da bilood ee ugu horeeya. Intaas kadib, hubi 1 mar maalin kasta.
- **Cab 3 litir oo dareere ah maalin kasta.** Iska ilaali waxyaabaha leh maadada kafeega. Biyaha tuubada waa caadi in la cabo.
- Raac cunista cunto cusbo (sodium) yar leh.
- Hubi adiga iyo xubnaha qoyskaaga **inaad gacmaha u dhaqdaan si fiican oo joogta ah** si aad uga hortagto faafitaanka jeermiska sababi kara caabuqyada.

Daryeelka Dabagalka ah

- **Haddii aad leedahay daryeel caafimaad oo guriga** kuugu imaanaya, wac iyaga si aad u qabanqaabiso wakhtiga shaybaarkaaga lagaa qaadayo. Ka eeg taleefoonka caafimaadka guriga warqadaha isbitaal ka bixista.
- La-tasho takhasuslahaaga kalyaha ama beerka 3 bilood ee ugu horeeya kadib aaditaanka guriga.



- 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.

- Keen liiskaaga daawooyinka iyo diiwaanka aad ku qorto heerka dhiig karkaaga, wadna garaacaaga, heerkulkaaga, iyo miisaankaaga dhammaan booqashooyinka dhakhtarkaaga.

Baaritaanka sheybaarka waxaa la sameeyaa Isniinaha iyo Khamiisaha

Tacrolimus (magaca shirkada Prograf):

Ha qaadan daawadaan ilaa iyo kadib marka dhiiga laga qaado. Shaybaarkaaga waxa loo baahan yahay in lagaa qaado **15 ilaa 30 daqiiqo gudahood wakhtiga qiyaasta daawadaada la qaadano.**

Wac isku-dubaridaha daryeelkaaga

Ka wac isku-dubaridahaaga adeegyada talaalitaanka unug kadib lambarka **614-293-8746** ama **800-626-2538** hadii aad dareemayso:

- Xanuun kasii daraaya.
- Calaamadaha hargab ama durayga, sida qandho, jir xanuun, qarqaryo, lalabo, matag, shuban, qufac, ama cune xanuun.
- Dheecaan cusub oo boogta ka yimaada ama isbadal ku yimaadda midabka ama xadiga dheecaanka nabarkaaga.
- Bararka lugahaaga, gacmahaaga, ama wajiga ku aragto
- Kaadida oo aan kaa imaanin
- Ma kugu kordhaan 2 bawn ama ka badan maalintii, ama 5 bawn ama ka badan todobaadkii.
- Cabirka ugu sareysa ee dhiig karkaaga ayaa ka sarreeya 160 in ka badan 2 jeer 1 maalin gudaheed.
- Dhibaatooyinka helitaanka daawooyinkaaga ka hortaga falcelinta talaalitaanka unuga sababo la xariira sidii lagu keeni lahaa, lacagta lagu gadaayo, ama dhuminta caymiska.

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.



Aaditaanka Guriga

Daawo muuqaalkan gaaban ee ku saabsan tilmaamahaaga aaditaanka guriga kadib marka lagugu talaalo unug. Iskaan garee koodha QR-ka ama booqo go.osu.edu/posttransplantvideo.



Buug-yarahan waxa loogu talagalay ujeedooyin macluumaad oo kaliya. Kala hadal dhakhtarkaaga ama kooxda daryeelka caafimaadka haddii aad wax su'aalo ah ka qabto daryeelkaaga. Wixii macluumaad dheeraad ah oo caafimaad, kala xiriir Maktabada wixii Macluumaad Caafimaad ahaaneed 614-293-3707 ama 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.