



病人教育

肾脏/胰脏移植

第 20 章-1



我的移植日志

肾脏/胰脏移植后

这章节为您解释肾脏/胰脏移植移植后、您需要做的各项测试。它包括、记录您血压、体温、体重、脉搏及测试结果的记录表格。

肾脏或胰脏移植后的自我护理是非常重要的。您需要：

- 每天测试生命体征 (体温、体重、血压、及脉搏)。
- 每天测量您的液体摄入量及排尿量。
- 按时验血。

肾脏或胰脏移植发生问题时、会出现在血液或生命体征的变化里。移植小组会密切关注这些变化、以便在问题恶化之前先采取行动。

初期：会经常做血液测试。当您器官功能稳定后、这些测试及监测您的生命体征就不需要太频繁。

生命体征

每天在“健康记录单”上记录您的生命体征。在第 20-7 页。每天需要检查并记录的生命体征就是体温、体重、血压及脉搏。

体温

任何时候当您感到发冷或发烧时就量体温、每天至少要量一次体温。正常体温为华氏 98.6° 度 (摄氏 36.9° 度)。温度转换表是在第页 20-5。

如您有下列症状请致电您的医生或移植联系人：

- 体温超过华氏 100°度(摄氏 37.8°度)
- 发烧超过一天以上

体重

每天早上上厕所后、在吃早饭前、要称体重。体重突然增加可能是因为肾功能下降、导致液体积存。体重快速地减低可能是脱水的标志。您体重如突然起了变化、请联系移植协调员或医生。

血压

高血压会损害您的肾脏。收缩压 (上压的指数) 是您心脏将血液注入循环系统时产生的压力。舒张压 (下压的指数) 是指心脏在搏动之间舒张时的压力。正常上面血压指数约为 130 (或更少) 下面血压指数约为 80 (或更少)。您理想的血压是:_____。

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在服用任何降压药物之前、或在您移植协调员或医生指示的时间、每天量 2 次血压。买一个血压计、如果可能的话、选一个同时可测脉搏的血压计。与您的医生使用的血压计同时使用一下、来检查其准确性。

脉搏

脉搏也就是您心跳的频率。通常是以一分钟心跳的次数来定。请在手腕或颈部、或以血压计来测脉搏。每日两次或在服用任何降压药前量。

症状

在移植后、把任何不寻常的症状或感觉记录下来是很有帮助的。下面是一些要注意的症状：

- 流感似的症状；如疼痛、发冷、发烧、及疲倦。
- 恶心呕吐
- 头痛
- 胸口痛
- 胃抽痛
- 肌肉疼痛
- 呼吸的问题
- 皮疹
- 移植的伤口肿胀、发热、或触痛
- 脚踝、或腿肿
- 排尿量减少
- 排尿时有烧痛感
- 尿色或气味改变

检验

在第 20-4 页、为您列出了移植团队用于监控您肾脏或胰腺移植后功能的一些常用的检验。及每种测试结果的正常范围。“健康日志”里也为您提供空间、以便记录一些常见的化验结果、您可以跟踪自己的进度。对您是正常的可能对其他人不一定正常。询问您的移植团队您个人的目标值是什么。

您来诊所门诊时、也会把所有检验结果或检测报告的副本给您。如果您愿意、您也可以注册上网查看。

液体的摄取及排尿量

新肾脏会增加您的尿量、可能很难适应！监测您摄取的液体量及您的尿量。当液体的摄入量远远低于排尿量时、可能是发生了脱水的现象。它可以伤及您的新肾脏。

使用“液体摄入量及排尿量记录”来记录一天内液体摄入及排尿的时间及量。请参见 20-8 页样本记录。将数据加起来后、记录在您的“健康日志里”。盎司转换公制（CC）的换算表是在第 20-4 页。

药物

认知您正在服用什么药物及跟踪它们是很重要的。最好的方法是保留一个书面的清单。在必须时、这可助于移植团队调整您药物。

根据本手册中提供的配置文件、来跟踪您的药物。请看第 20-9 页的样本文件。请记得要包括非处方药、补剂、中草药或天然药物。

血糖

大多数患者会记录他们的血糖指标及胰岛素剂量。在“健康日志”内有一栏可以每天记录 4 个血糖的指标。

血液检测

Lab Name 化验名称	Common Name 一般名称	Normal Value 正常值	
K	Potassium 钾	3.7 至 5.2 mEq/L 毫克当量	
Cr	Creatinine 肌酐	0.3 至 1.2 mg/dl 毫克/分升	
BUN	Blood urea nitrogen 血尿素氮	8% 至 12%	
WBC	White blood cell count 白血球	4.千至 1 万	
HCT	Hematocrit 红细胞比积	男士： 39% 至 55%	女士： 36% 至 46%
CO₂	Carbon dioxide 二氧化碳	22 至 32 mEq/L 毫克当量	
Glucose	Blood sugar 血糖	62 至 125 mg/dL 毫克/分升	

液体摄入量

1/3 盎司 = 1 毫升 = 1 cc

食物 容器 (Food Container)	盎司(Ounces)	毫升 (Metric - cc)
汤	6	180
果冻	3	90
冰淇淋	3	90
水 (大瓶)	30	900
水 (小杯)	6	180
小杯果汁(杯)	4	120
纸杯(小)	6.5	200
牛奶盒(1 食分)	8	240
冰棒	2.5	75

华氏(°F)摄氏(°C)换算表

°F	°C	°F	°C	°F	°C	°F	°C	°F	°C
96.0	35.5	97.6	36.4	99.2	37.3	100.8	38.2	102.4	39.1
96.1	35.6	97.7	36.5	99.3	37.4	100.9	38.3	102.5	39.2
96.2	35.6	97.8	36.6	99.4	37.4	101.0	38.3	102.6	39.2
96.3	35.7	97.9	36.6	99.5	37.5	101.1	38.4	102.7	39.3
96.4	35.7	98.0	36.7	99.6	37.6	101.2	38.4	102.8	39.3
96.5	35.8	98.1	36.7	99.7	37.6	101.3	38.5	102.9	39.4
96.6	35.8	98.2	36.8	99.8	37.7	101.4	38.6	103.0	39.4
96.7	35.9	98.3	36.8	99.9	37.7	101.5	38.6	103.1	39.5
96.8	36.0	98.4	36.8	100.0	37.8	101.6	38.7	103.2	39.6
96.9	36.1	98.5	36.9	100.1	37.8	101.7	38.7	103.3	39.6
97.0	36.2	98.6	36.9	100.2	37.9	101.8	38.8	103.4	39.7
97.1	36.2	98.7	37.0	100.3	37.9	101.9	38.8	103.5	39.7
97.2	36.2	98.8	37.1	100.4	37.9	102.0	38.9	103.6	39.8
97.3	36.3	98.9	37.2	100.5	38.1	102.1	38.9	103.7	39.8
97.4	36.3	99.0	37.2	100.6	38.1	102.2	39.0	103.8	39.9
97.5	36.4	99.1	37.3	100.7	38.2	102.3	39.1	103.9	39.9

英磅 (lb) 公斤 (kg) 换算表

英磅	公斤	英磅	公斤	英磅	公斤	英磅	公斤
116	52.6	152	68.9	188	85.3	224	101.6
117	53.1	153	69.4	189	85.7	225	102.1
118	53.5	154	69.9	190	86.2	226	102.5
119	54.0	155	70.3	191	86.6	227	103.0
120	54.4	156	70.8	192	87.1	228	103.4
121	54.9	157	71.2	193	87.3	229	103.9
122	55.3	158	71.7	194	88.0	230	104.3
123	55.8	159	72.1	195	88.5	231	104.8
124	56.2	160	72.6	196	88.9	232	105.2
125	56.7	161	73.0	197	89.4	233	105.7
126	57.2	162	73.5	198	89.8	234	106.1
127	57.6	163	73.9	199	90.3	235	106.6
128	58.1	164	74.4	200	90.7	236	107.0
129	58.5	165	74.8	201	91.2	237	107.5
130	59.0	166	75.3	202	91.6	238	108.0
131	59.4	167	75.7	203	92.1	239	108.4
132	59.0	168	76.2	204	92.5	240	108.9
133	60.3	169	76.7	205	93.0	241	109.3
134	60.8	170	77.1	206	93.4	242	109.8
135	61.2	171	77.6	207	93.9	243	110.2
136	61.7	172	78.0	208	94.3	244	110.7
137	62.1	173	78.5	209	94.8	245	111.1
138	62.6	174	78.9	210	95.3	246	111.6
139	63.0	175	79.4	211	95.7	247	112.0
140	63.5	176	79.4	212	96.2	248	112.5
141	64.0	177	80.3	213	96.6	249	112.9
142	64.4	178	80.7	214	97.2	250	113.4
143	64.9	179	81.2	215	98.0	251	113.9
144	65.3	180	81.6	216	98.4	252	114.3
145	65.8	181	82.1	217	98.9	253	114.8
146	66.2	182	82.6	218	99.3	254	115.2
147	66.7	183	83.0	219	99.8	255	115.7
148	67.1	184	83.5	220	99.8	256	116.1
149	67.6	185	83.9	221	100.2	257	116.6
150	68.0	186	84.4	222	100.7	258	117.0
151	68.5	187	84.8	223	101.2	259	117.5

健康日志

第 _____ 周至 _____ 周

	星期日	星期一	星期二	星期三	星期四	星期五	星期六
日期							

生命征象

		星期日	星期一	星期二	星期三	星期四	星期五	星期六
Temperature 体温	a.m. 上午							
	p.m. 下午							
Weight (goal =) 体重 (目标=)	a.m. 上午							
BP 血压	a.m. 上午							
	p.m. 上午							
Pulse 脉搏	a.m. 上午							
	p.m. 下午							

液体摄入量及排尿量 (总量)

	星期日	星期一	星期二	星期三	星期四	星期五	星期六	星期日
Fluid intake 液体摄入量								
Urine output 排尿量								

血液检验

		星期日	星期一	星期二	星期三	星期四	星期五
CR 肌酐							
K 钾							
WBC 白血球							
Hematocrit 红血球积							
Blood glucose (fingerstick) 血糖	a.m. 上午						
	Noon 中午						
	p.m. 下午						
	Bed 睡前						
Tacrolimus 他克莫司							
Sirolimus 西罗莫司							
Rapamyan 雷帕霉素							



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

