

Weight, Blood Pressure, Pulse and Temperature Record

Your doctor wants you to take your weight, blood pressure (BP), pulse and temperature each day. For the first 3 months after transplant, you will be taking your BP, pulse and temperature at least 3 times each day. **Do your checks as often as directed by your care team.**

- Take your weight right after using the bathroom in the morning, using the same scale and wearing the same amount of clothes.
- Take your temperature, BP and pulse sitting up.
- **Call your transplant coordinator right away if you:**
 - Gain 2 pounds or more in 1 day or 5 pounds or more in 1 week.
 - Have high blood pressure where your top number or systolic pressure is staying at or above 160, or you see that your blood pressure readings are trending higher each day.
 - Have a pulse of less than 60 or greater than 100.
 - Have an oral temperature greater than 100.5 degrees F or 38 degrees Celsius.

Make copies of this record for ongoing tracking of your vital signs to share at clinic visits.

Date	Time	Weight	BP	Pulse	Temperature

Date	Time	Weight	BP	Pulse	Temperature

Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to **wexnermedical.osu.edu/patiented** or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.