

You will be tracking how your body responds while you receive Parental Nutrition (PN, also called total parenteral nutrition or TPN or central parenteral nutrition or CPN) at home. You will learn what to watch for (symptoms) and what action to take. This is called self-monitoring.

Self-Monitoring during PN/TPN/CPN

Symptoms may mean there is a problem. When you catch early signs of problems, you can avoid problems. Review the table to learn what to watch for and what to do. Use the log on page 3 to track your health information so you can share it with your care team.

| **What** | **When to Check** | **Symptom** | **Possible Problem** | **Action to Take** |
| --- | --- | --- | --- | --- |
| IV Site | Every Day | Redness, pain, tenderness, discharge | Infection | Call infusion agency |
| Temperature | Twice daily: right before PN, and 1 hour after PN begins | Higher than 100 OR 2 degrees higher than usual OR chills, nausea, or sweats | Infection inside the body, or at IV line | Call infusion agency or your doctor |
| Weight | Every day, at same time every day, in similar clothes | Weight gain of 2 pounds in a day or of 5 pounds in a week  Swelling in feet, ankles, legs, or hands  Weight loss of 2 pounds in 1 day or 5 pounds in a week  Thirst, dizziness, muscle cramps, dark urine | Too much liquid from PN or from drinking by mouth; low body protein  Loss of body water from vomiting, diarrhea, or ostomy  Not enough liquid in PN or by mouth | Call infusion agency or your doctor  Record intake of liquids and PN  Record output  Call infusion agency or your doctor  Record intake of liquids and PN  Record output |
| Intake of food or liquid | Every day | - | Lets your care team know if you are getting enough nutrition | - |
| Output (urine, bowel movements, drainage) | Every day | Urine: decreased amount, dark color  Thirst, dizziness, muscle cramps, weight loss | Not enough liquid in PN; loss of liquid from vomiting, diarrhea, fistula/ostomy | Call home infusion agency  Drink more water  Record intake of liquids and PN  Record output |
| Blood Sugar (for some patients only) | Take 3 times a day: 1 hour after start of PN, middle of PN, 1 hour after finishing PN | Blood sugar higher than 180: nausea, weakness, thirst, headache  Blood sugar less than 70: sweaty, lightheaded, shaky, headache | PN infused too fast, too little insulin in PN if diabetic, infection, steroids  PN stopped without tapering, too much insulin in PN bag, PN bag finished early | Call home infusion agency  Call home infusion agency  Drink juice with 2 teaspoons of sugar |

One Week Log: Track your Symptoms

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Date | Hours of Infusion | IV Site | Your temperatureBefore infusion1 h after start of infusion | Your weight | Intake of liquid by mouth AND IV | Unusual symptoms (chills, nausea) | Blood sugar readings during PN/TPN/CPN: 1h after start, middle, 1h after end |
|  |  |  | Before:  1h after: |  |  |  | 1h after start:  Middle:  1h after end: |
|  |  |  | Before:  1h after: |  |  |  | 1h after start:  Middle:  1h after end: |
|  |  |  | Before:  1h after: |  |  |  | 1h after start:  Middle:  1h after end: |
|  |  |  | Before:  1h after: |  |  |  | 1h after start:  Middle:  1h after end: |
|  |  |  | Before:  1h after: |  |  |  | 1h after start:  Middle:  1h after end: |
|  |  |  | Before:  1h after: |  |  |  | 1h after start:  Middle:  1h after end: |
|  |  |  | Before:  1h after: |  |  |  | 1h after start:  Middle:  1h after end: |