

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 weekSwelling in feet, ankles, legs, or handsWeight loss of 2 pounds in 1 day or 5 pounds in a weekThirst, dizziness, muscle cramps, dark urine | Too much liquid from PN or from drinking by mouth; low body proteinLoss of body water from vomiting, diarrhea, or ostomyNot enough liquid in PN or by mouth | Call infusion agency or your doctorRecord intake of liquids and PNRecord outputCall infusion agency or your doctorRecord intake of liquids and PNRecord 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 colorThirst, dizziness, muscle cramps, weight loss | Not enough liquid in PN; loss of liquid from vomiting, diarrhea, fistula/ostomy | Call home infusion agencyDrink more waterRecord intake of liquids and PNRecord 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, headacheBlood sugar less than 70: sweaty, lightheaded, shaky, headache | PN infused too fast, too little insulin in PN if diabetic, infection, steroidsPN stopped without tapering, too much insulin in PN bag, PN bag finished early | Call home infusion agencyCall home infusion agencyDrink 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:      |