

Self-Monitoring during PN/TPN/CPN



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.

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	Too much liquid from PN or from drinking by mouth; low body protein	Call infusion agency or your doctor Record intake of liquids and PN Record output
		Weight loss of 2 pounds in 1 day or 5 pounds in a week Thirst, dizziness, muscle cramps, dark urine	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
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	PN infused too fast, too little insulin in PN if diabetic, infection, steroids	Call home infusion agency
		Blood sugar less than 70: sweaty, lightheaded, shaky, headache	PN stopped without tapering, too much insulin in PN bag, PN bag finished early	Call home infusion agency Drink juice with 2 teaspoons of sugar



One Week Log: Track your Symptoms

Date	Hours of Infusion	IV Site	Your temperature Before infusion 1 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: _____