

Self-Monitoring during TPN

You will be tracking how your body responds while you receive Total Parenteral Nutrition (TPN) 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 know how to look for early signs, you can avoid problems.

The table on [page 2](#) describes what to watch for and what to do. The log on [page 3](#) is used to track your health information so you can share it with your care team.

Fairview Home Infusion

612-672-2233 or 1-800-642-8845

What to watch for – symptoms (This does not replace the advice of your doctor.)

What	When to Check	Symptom	Possible Problem	Action to Take
<i>IV Site</i>	Every day	Redness, pain or tenderness, drainage	Infection	Call Fairview Home Infusion.
<i>Temperature</i>	Two times each day 1. Right before TPN 2. 1 hour after TPN begins	Higher than 100 °F OR 2 degrees higher than usual OR Increases 2 degrees or higher when infusing Chills, nausea, sweats.	Infection inside the body (such as urinary tract) Infection at IV line	Call Fairview Home Infusion
<i>Weight</i>	Every day • At same time each day; (wear similar clothes)	Weight gain of 2 pounds in 1 day Or Gain of 5 pounds in more in 1 week You may also notice swelling in your feet, ankles, legs or hands.	Too much liquid from TPN or drinking by mouth; low body protein.	Call Fairview Home Infusion
		Weight loss of 2 pounds in 1 day Or Loss of 5 pounds or more in 1 week You may also feel thirst, dizziness, muscle cramps; urine may be darker than usual.	Loss of body water from vomiting, diarrhea, ostomy; not enough liquid in TPN or by mouth	Record intake of liquids and TPN. Record output.
<i>Intake</i> (food and fluid)	Every day		Avoids problems by letting your care team know you are getting enough fluid and nutrition.	
<i>Output</i> (urine, bowel movements, drainage)	Every day	Urine – dark color, decreased amount You might also feel thirst, dizziness, muscle cramps, weight loss.	Not enough liquid in TPN; loss of liquid from vomiting, diarrhea, fistula/ ostomy.	Call Fairview Home Infusion. Drink more water. Record intake of liquids and TPN. Record output.
<i>Blood Sugar</i> (for some patients only)	Take 3 times a day: 1. 1 hour after start of TPN 2. Middle of TPN 3. One hour after stopping TPN	Blood sugar higher than 180: You may feel nausea, weakness, thirst, headache.	TPN infused too fast; too little insulin in TPN if diabetic; infection (early warning sign); steroids	Call Fairview Home Infusion.
		Blood sugar lower than 70: You may feel sweaty, lightheaded, shaky, or have a headache.	TPN stopped without enough tapering; too much insulin in TPN bag; TPN bag finished early	Drink a glass of juice mixed with 2 teaspoons of sugar

One Week Log: Track Your Symptoms

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