

# BLOOD PRESSURE AND TEMPERATURE

Upon returning home from the hospital, you will need to take your own blood pressure and temperature every day. Before discharge, you will be taught to use the equipment needed – a thermometer and an automatic blood pressure cuff.

## TEMPERATURE

It is important to take an oral temperature (by mouth) every day in the morning. An increased temperature can be a symptom of either rejection of your transplanted organ or some type of infection. Both rejection and infection are easier to treat when recognized early. Since you are receiving immunosuppressants you may not experience high fevers. If your temperature is 100.2°F (38°C) or greater, take it again in two hours. If it is still 100.2°F, call the transplant office (212) 263-8134. Call your Transplant Team immediately if your temperature is 101°F (39.5°C); do not wait and take a second temperature reading. ☎

## HOW TO TAKE A TEMPERATURE (BY MOUTH)

1. Wash the thermometer thoroughly with soap and water
2. Shake the mercury down to 96°F (35.5°C) or less. Be sure not to drink anything hot or cold within five minutes of taking your temperature.
3. Place the thermometer in your mouth with the bulb under your tongue. Close your lips to hold the thermometer in place. Avoid talking or biting down.
4. Leave the thermometer in place for three to five minutes in order to obtain an accurate reading.
5. Remove the thermometer and wipe it off with a clean tissue, starting at the end away from the bulb.
6. Read the thermometer, using the illustration as a guide. The arrow indicates a normal reading of 98.6°F.
7. Wash the thermometer thoroughly with soap and water.

## BLOOD PRESSURE

High blood pressure is a common side effect of both Neoral and Prograf. It can also be a sign of fluid retention.

Once you return home, you will need to take your blood pressure twice a day – once in the morning and once in the evening. Keep a record of the results.

You may be discharged from the hospital on medications that control your blood pressure. You can also help to control your blood pressure by eating a low salt diet and by losing extra weight. The nutritionist will help you with a diet plan before discharge.

If your pressure is higher than 160/90, call your Transplant Team. ☎

Headaches can be a symptom of high blood pressure. If you have a headache, take your blood pressure. If it is above your normal pressure, call your Transplant Team.

If you are feeling dizzy or lightheaded, check your blood pressure since low blood pressure can cause these symptoms. Again, if the pressure is much lower than your normal pressure, call your Transplant Team. ☎