

# Fatigue

## Just the Facts

Being tired is a very common experience for transplant patients. There are a number of possible causes for fatigue: the intensive treatments, medications, a lower than normal number of circulating red blood cells, disruption of normal resting and sleep habits, or feeling depressed. It usually takes time to work out ways to live with fatigue.

## Your Goals:

- ✓ Establish regular rest and sleep periods.
- ✓ Conserve energy.
- ✓ Get professional help when needed.



## Emergency Signs and Symptoms:

### Call 911 IMMEDIATELY if:

- ☐ Unable to wake up.

## Urgent Signs and Symptoms:

### Call the Clinic or the After Hours Clinic NOW if:

- ☐ Dizzy.
- ☐ Too tired to get out of bed or walk to the bathroom.

## Important Signs and Symptoms:

### Report symptoms to doctor or nurse during clinic hours today.

- ☐ Fatigue is getting worse.
- ☐ Staying in bed all day.
- ☐ Other symptoms occur with increased fatigue.
- ☐ Increased weakness or exhaustion.
- ☐ Drowsiness or confusion.
- ☐ Loss of balance.
- ☐ Catching your breath.

## What You Can Do At Home:

### Establish regular rest and sleep periods.

- ➡ Set up a regular daily schedule for nap and sleep times.
- ➡ Keep active during the day to sleep better at night.
- ➡ Playing soft music, putting on the TV as a background sound, engaging in meditation or prayer, or ask a nurse or family member for a back rub to help you sleep or rest.



**Conserve energy.**

- ➡ Rest between bathing, treatments and exercise
- ➡ Do things or be active only for a short time.
- ➡ Plan activities, such as exercise, visiting or trips when feeling the most rested and energetic.
- ➡ Decide on the most important activities for the day. Be realistic.
- ➡ Regular exercise helps reduce fatigue.
- ➡ Eat snacks between meals to keep up energy.