

## Your Health Care – Be Involved

Your safety is our concern. In order to have the best health care, be an active member of your health care team.

Here are some ways to be involved:

- Come to your appointments
- Ask questions so you understand how to manage your diabetes
- Know the medications you take and why you take them
- Understand how your diabetes medication keeps your blood sugars in target

# Welcome to the Renal Transplant Diabetes Program

in the  
**Outpatient Transplant Clinic**  
Level 0 Marian Wing  
St. Joseph's Hospital  
50 Charlton Avenue East,  
Hamilton, Ontario L8N 4A6

**Telephone: 905-522-1155**  
**Diabetes Educator ext. 34999**

## Welcome

Welcome to the Renal Transplant Diabetes Program.

This program is designed to help you meet your learning needs. In this program, you have one-to-one teaching with a Certified Diabetes Educator who is a Registered Nurse. You may also see a Registered Dietitian.

We work together with you and your family and friends if you want them involved in your care.

During your time in the program, we help you develop the tools that you need to make day-to-day decisions about your diabetes control.

You learn what you can do to be more in charge of your health and live well with diabetes.

After being in the program between 6 months and 1 year, you return to your community doctor or health care provider and/or diabetes centre to continue with your diabetes education and management.

### Remember:

You are the most important part of the diabetes education team. We work closely with you to reach your goals and keep your transplanted kidney healthy.

## What to bring when you come?

### Please bring:

- A list of your current medications
- A list of your blood sugars in the record book
- Your glucose meter
- A person to translate for you if you need one
- Insulin if your appointment is around noon time and you take insulin

## What happens during an appointment?

### When you meet with the Diabetes Educator you:

- Learn how the anti-rejection medications make your blood sugars go up
- Discuss your target range for your blood sugars
- Learn how to self-manage your diabetes
- Have your diabetes medications adjusted to keep your blood sugars within your targets

## How long may it take for me to get control?

The Diabetes Educator sees you often when you are first transplanted. As your transplant doctor lowers the dose of anti-rejection medication, your diabetes management also changes. The Diabetes Educator sees you less often as you learn how to self-manage. This takes between 6 months and 1 year.