

Managing Blood Sugar, Medication and Insulin After Kidney Transplant

What is diabetes?

Diabetes is when there is too much sugar in your blood. The sugar from the food you eat and drink stays in your blood instead of going into your cells. The cells cannot use the energy from the food.

Sugar in the blood is also called glucose. We will use the word sugar in this handout.

What is insulin?

Insulin is a hormone that helps your body use the sugar in your blood to make energy. Without insulin, your body cannot use the food you eat. Insulin comes from the pancreas. The pancreas is an organ behind your stomach.

How did I get diabetes?

After a kidney transplant you need to take antirejection medications to help you keep your new kidney working. Sometimes, these medications increase blood sugar and cause diabetes.

When you have diabetes, you need to learn how to manage it so you can avoid complications.

You will need to learn to:

- test your blood sugar
- follow a healthy diet
- take medications and/or insulin

Your diabetes educator and dietitian will help and support you as you learn these new skills.

Contact your Diabetes Educator when:

- your blood sugar levels are less than 4.0 mmol/L for 3 days in a row
- your blood sugar levels are over ____ mmol/L for 3 days in a row
- you are having problems with your blood sugar meter
- you are having problems with your pills or insulin
- you have questions about your diabetes management
- _____

Name of your Diabetes Educator: _____

Telephone: _____

For questions about your diet, contact your Dietitian: _____

Telephone: _____

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