

Living with Diabetes Caused by Kidney Transplant Anti-Rejection Medications

What is diabetes?

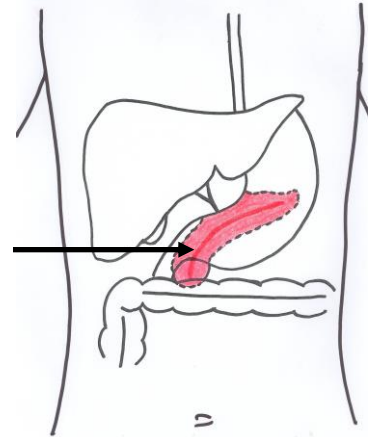
Diabetes is when your pancreas does not produce enough insulin or when your body does not use the insulin very well. When this happens there is too much sugar in the blood.

What is insulin?

Insulin comes from the pancreas. The pancreas is an organ behind your stomach. Insulin helps carry sugar from your blood into your cells all over your body. The cells use sugar as energy.

Insulin helps:

- bring your blood sugar down
- your new kidney work better
- prevent of delay problems caused by diabetes



What is diabetes caused by anti-rejection medication?

Some people get diabetes after a kidney transplant. This is caused by some anti-rejection medication you must take to keep your new kidney healthy and working. Anti-rejection medications are also called immunosuppressants.

Some names of anti-rejection medications that can make blood sugars go up are:

- Cyclosporine
- Prednisone
- Sirolimus
- Tacrolimus; Advagraf (Extended Release); Prograf (Immediate Release)

Can I stop taking the anti-rejection medication?

No. You must always take the anti-rejection medications to help your new kidney work. If you stop taking the anti-rejection medications, your body will reject the new kidney.

What if my blood sugars are high?

The goal is to keep your blood sugars within your target levels. When your blood sugars are higher than your target levels you can damage your kidneys, blood vessels and other part of your body.

Will I have to take medication to help control my blood sugars?

The goal is to keep your blood sugars within your target levels.

Some people need to take pills, insulin or a combination pills and insulin.

What feelings can I expect?

You have a new kidney. Most people are very happy to be free from dialysis and kidney disease.

After your kidney transplant you have been told you have diabetes. This was caused by the anti-refection medications you must take to keep your new kidney healthy. You may be in shock. You now have something else to deal with.

It is common to have mixed feelings about this. The doctors and nurses are here to help and support you. Your friends and family can also support you. Be honest and open about your feelings so we can find ways to help you cope and stay healthy.