

BLOOD SUGAR MONITORING AFTER YOUR TRANSPLANT

WHY AM I CHECKING BLOOD SUGARS?

Some people have high blood sugars after an organ transplant. It can be related to taking medications such as steroids (like prednisone) or tacrolimus. It's important to take these medications, so that your body doesn't reject your new organ.

Some people also have a higher risk for diabetes, such as being overweight or having a family member with diabetes.

If your blood sugars stay high for a long time after your transplant, we are concerned about the health of your transplant and that you could develop diabetes.

DO I HAVE DIABETES?

Having high blood sugars does not mean you will develop diabetes.

Adjustments in the steroid or tacrolimus dose can cause your blood sugars to change.

- If your dose increases, your blood sugars may also increase.
- If your dose decreases, your high blood sugars may return to normal.

Having good control of your blood sugars will help protect your organ and lower your chances of getting diabetes in the future.

DO I NEED TO TAKE INSULIN?

Insulin is a medication that helps control blood sugars.

Sometimes, insulin may be needed if you are admitted for concerns regarding your organ rejection. The diabetes team will tell you if you need insulin based on your blood sugars.

Insulin may not always be needed long term.

NOW THAT I AM CHECKING MY BLOOD SUGARS WHAT SHOULD I EAT?

If your blood sugar is high, it doesn't mean you're eating something wrong. Your body needs carbohydrate foods for energy, and you should not stop eating these foods.

Your dietitian with the transplant team will talk more about food and blood sugars. Until then:

- Aim to eat 3 meals and 2-3 snacks per day to meet your hunger.
- Aim to have at least 3 of the 4 food groups at each meal.
- Avoid drinking juice or pop. Water is the best choice for thirst.

WHEN SHOULD I CHECK MY BLOOD SUGAR?

Some people need to check their blood sugars for a few weeks. Others may need to check for a longer period of time. Continue checking your blood sugars until the diabetes team tells you it is safe to stop.

Check your blood sugars _____ times per week / month until _____

- before breakfast
- before lunch
- before dinner
- at bedtime (2 hours after dinner, and before bedtime snack)

WHAT SHOULD I DO WITH THE INFORMATION?

Keep a record of your blood sugars. The diabetes nurse educator will show you where and how to record your blood sugars.

Please email your blood sugar record to dcnurse@cw.bc.ca next on: _____

WHO CAN I TALK TO IF I HAVE QUESTIONS?

- Call the endocrinologist on-call at 604-875-2161 if:
 - your blood sugars are greater than 12.0 mmol/L three times in a row
 - you have a severe low blood sugar that requires the use of glucagon
 - unable to keep blood sugars above 4.0 mmol/L after two treatments
- Contact the Diabetes Nurse Educator at dcnurse@cw.bc.ca (Monday to Friday 8 AM-4 PM) for non-urgent concerns related to your blood sugars or if:
 - your blood sugars are less than 4.0 mmol/L twice in one day OR you have low blood sugar two times in a row (e.g. before breakfast Monday and Tuesday)
 - your blood sugar before breakfast (fasting) are greater than 8.0 mmol/L two times in a row (e.g. before breakfast Monday and Tuesday)
 - your blood sugars are greater than 10.0 mmol/L 2 hours after a meal (if applicable) two times in a row
 - your steroid or tacrolimus dose or feeds (if applicable) change
- For non-diabetes questions, contact your MOT team directly.
- For questions related to food, tube feeds, or TPN, contact the MOT Dietitian at 604-875-2345 ext. 4805 or natalie.sousa@cw.bc.ca.

WHEN IS MY FOLLOW-UP APPOINTMENT?

You will see the endocrinologist and diabetes nurse educator at your multi-disciplinary MOT clinic on Wednesday mornings (Ambulatory Care Building, 2nd floor, Area 10).

Bring your blood sugar logbook and glucometer with you to every MOT clinic visit.