

## WHEN DO I SEE THE ENDOCRINOLOGIST AND DIABETES NURSE AGAIN?

You will see Dr. Metzger in about 4 weeks after you go home from your transplant.

Dr. Metzger will meet you in the Transplant Clinic (Area 10) unless other arrangements have been made. This will happen during your regular transplant clinic visit. Come to the transplant clinic visit at the scheduled time.

## NOW THAT I AM CHECKING MY BLOOD SUGAR, WHAT SHOULD I EAT?

High blood sugars do not mean you are doing anything wrong with your food. 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 at your next visit. Until then:

- Aim to eat 3 meals and 2–3 snacks/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.**

## CHECK IN WITH YOUR TRANSPLANT DIETITIAN!

Record what you ate at dinner at least twice on the days you have checked your blood sugar before and two hours after. Bring this with you to show your dietitian at your next visit with your transplant or diabetes team.

## WHO CAN I TALK TO IF I HAVE QUESTIONS?

From the transplant team, you can talk to your transplant dietitian, doctor, nurse at: 604-875-2345 ext. 3613

Or for diabetes or sugar questions, you can call the diabetes nurse at: 604-875-2345, ext. 7925.

THIS CONTENT IS REVIEWED PERIODICALLY AND IS SUBJECT TO CHANGE AS NEW HEALTH INFORMATION BECOMES AVAILABLE.

THE INFORMATION IS INTENDED TO INFORM AND EDUCATE AND IS NOT A REPLACEMENT FOR MEDICAL EVALUATION, ADVICE, DIAGNOSIS OR TREATMENT BY A HEALTHCARE PROFESSIONAL.

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# Blood Sugar Monitoring after Your Transplant

For solid organ transplant recipients

## INFORMATION FOR FAMILIES AND CAREGIVERS

Your child is booked to see  
Dr. Metzger

on \_\_\_\_\_  
(date)

in the Transplant Clinic.

Dr. Metzger will see you during your regular transplant clinic visit.

Bring your *logbook* with you to every clinic visits.



## **WHY DO I NEED TO CHECK MY BLOOD SUGAR?**

Your doctor has asked you to check your blood sugar levels. This is a common thing to do after a transplant.

Some people have high blood sugars after a kidney transplant. It can be related to taking medications such as steroids (like prednisone) or tacrolimus. Some people also have a higher risk for diabetes, such as being overweight or having diabetes in your family.

You had some high blood sugar after your transplant. High blood sugar after transplant makes us concerned that you could develop diabetes.

## **DO I HAVE DIABETES?**

You don't have confirmed diabetes now, but we are worried that this might happen. We will see if your sugar becomes normal once we reduce your steroid and tacrolimus medication.

In the meantime, good control of your sugar levels will help keep you safe and reduce your chance of having diabetes later on.

## **DO I NEED TO TAKE INSULIN?**

The endocrinologist will tell you if you need insulin before you are discharged. Insulin helps control the blood sugar and may protect against permanent diabetes.

## **WHEN SHOULD I CHECK MY BLOOD SUGAR?**

Checking your blood sugar at home is easy to do. Please check your sugar daily at the times marked below:

- before breakfast
- 2 hours **after** breakfast
- before lunch
- before dinner
- 2 hours **after** dinner (before a bedtime snack)

## **WHAT SHOULD I DO WITH THE INFORMATION?**

Keep a record of your blood sugars. The diabetes nurse will show you where and how to record your blood sugars. Please bring your records to every clinic visit.

Please also email your blood sugar record to [dcnurse@cw.bc.ca](mailto:dcnurse@cw.bc.ca) once every week on:

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## **FOR HOW LONG WILL I NEED TO CHECK MY SUGAR?**

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

## **WHO SHOULD I CALL IF THE BLOOD SUGAR IS TOO HIGH?**

Call the Endocrinologist on-call if your sugar is high:

- Anytime it is more than 12 mmol/L
- If it is more than 8 mmol/L before breakfast two times
- If it is more than 10 mmol/L after a meal two times

**If the blood sugar is high, call and ask for the Endocrinologist on call at 604-875-2161**

If you have any non-urgent questions about your blood sugars, contact the Diabetes Nurse on weekdays at: 604-875-2345, ext. 7925.

**Bring your log book to every clinic visit.**