

DIABETES AFTER TRANSPLANT

High blood sugar is a side effect of the medications that you are taking to help prevent rejection of your transplanted organ. You may develop high blood sugar after your transplant whether or not you were a diabetic before your transplant. High blood sugar is often a temporary problem and will improve as the dose of your medicine is decreased over the next few months.

It is important to treat this problem. In order to lower your blood sugar, you may have to follow a special diet that the nutritionist will review with you before discharge. In addition, you may also need to take medication, most commonly injections of insulin (a chemical that lowers your blood sugar when your body cannot do it by itself) that you will give yourself each day.

It may also be important to check your sugar two or three times a day at home, in which case you will receive a special machine before discharge. Your nurse will teach you how to use it.

Because blood sugar levels can vary, you will need to know about the signs and symptoms of **HYPOGLYCEMIA** (very low blood sugar) and **HYPERGLYCEMIA** (very high blood sugar).


HYPOGLYCEMIA

Low blood sugar can happen to anyone who is taking insulin or diabetes medications. It is usually easy to treat, but you need to know what to do before it happens.

Symptoms of low blood sugar include:

- Feeling shaky
- Becoming sweaty
- Feeling tired
- Feeling hungry
- Becoming cranky and confused
- Having a rapid heart beat
- Having blurred vision or headaches

If you have these symptoms, or think your blood sugar is low, test it. If it is low, follow the treatment your diabetes doctor recommended. You usually need to eat something containing sugar.

| If you have these symptoms and your test shows a normal reading, call your Transplant Team.  These symptoms may indicate other problems or side effects of a medication.

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HYPERGLYCEMIA

High blood sugar is a common complication of diabetes. It occurs when your diabetes is not controlled. High blood sugar may be brought on by eating a big meal, becoming sick, or having an increase in your steroid (Prednisone) doses. It also will happen if you don't take your insulin or diabetes medications as prescribed.

Symptoms of high blood sugar include:

- More thirsty than usual
- More hungry than usual
- Urinating frequently, getting up at night to urinate
- Becoming more sleepy than usual

If you have these symptoms, check your blood sugar. The best way to treat high blood sugar is to follow the diet given to you by the nutritionist. If your sugar is very high when you check it, call your diabetes doctor and your Transplant Team. 📞