



**Information for
patients and
carers**

**Patients who have developed
diabetes following kidney
transplantation**

This information is for patients who have developed Diabetes following a kidney transplant

Post-transplant diabetes is defined as diabetes that was not present before your transplant (all patients referred for a transplant are screened for diabetes). You have been provided with this leaflet because you have either developed diabetes after transplant or because you are thought to be at high risk of developing this complication.

- Post-transplant diabetes is a frequent complication after kidney transplantation affecting between 5% and 10% of patients within a year of a successful kidney transplant
- Post-transplant diabetes is a serious complication of a successful kidney transplant. It increases the risk of heart and artery disease and also the risk of infection. Controlling your blood sugar levels can reduce this risk
- There are several causes for post-transplant diabetes. We know that some people are genetically more at risk of developing diabetes, excess weight gain and anti-rejection medication can also contribute
- Following the diagnosis of post-transplant diabetes we will usually ask your general practitioner to see you to confirm the diagnosis and help you to manage your diabetes
- If your blood sugar levels are too high we can refer you to our specialist diabetes team
- The successful treatment and management of your diabetes is greatly dependent on you making the lifestyle and dietary changes needed, in addition to adhering to your medication regimen. There are many sources of education and information available to support you both locally and nationally
- You can manage diabetes yourself by regularly measuring your blood sugar levels taking your medication and keeping to a healthy diet which is low in sugar
- Educational courses for patients with diabetes are available throughout Lancashire and South Cumbria. One of the courses is

called DESMOND (Diabetes Education and Self-Management for Ongoing and Newly Diagnosed) part of a national project to improve diabetes. More information on DESMOND courses is available on their website: <http://www.desmond-project.org.uk/>

- MYdiabetes also has information on courses local to you and additional patient resources which can be found on their website: <https://lsc.mydiabetes.com/>
- Your consultant nephrologist will also consider changing your anti-rejection drugs to help with the diabetes
- If you are diagnosed with post-transplant diabetes we will review your medication to help prevent heart disease and diseases of the arteries
- If you smoke and have post-transplant diabetes every effort should be made to stop smoking. Please ask for help with this

Contact details

If you live in the Greater Preston, North Lancashire, Chorley & South Ribble area contact DESMOND on 01772 777620 or email desmond@lscft.nhs.uk

If you live in the Blackburn or Darwen area contact DESMOND on 01254 283886 or email lcn-tr.desmond.bwd@nhs.net

Disclaimer: This leaflet was compiled on the basis of personal and institutional experience. Other recommendations may apply to individual patients. The contents of this leaflet do not replace a consultation with the transplant team/nephrologists. Changes to contact details for DESMOND courses may apply.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Lancashire Teaching Hospitals is a smoke-free site.

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઇચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

Department: Renal

Division: Medicine

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