A 64 y/o liver transplant recipient with diabetes is noted to have a blood pressure of 148/90 and his primary care provider asks you for recommendations regarding first-line antihypertensive agents. What agent would you recommend?

A. Diltiazem  
B. Hydrochlorothiazide  
C. Lisinopril  
D. Metoprolol

Answer: C

As in non-transplant patients with diabetes, the first line anti-hypertensive agent for liver transplant patients with diabetes is ACE-inhibitors (ACE-I). Angiotensin receptor blockers and direct renin inhibitors (DRI) would also be acceptable first line agents. ACE-I, ARBs and DRIs are also used as first-line antihypertensive agents in liver transplant patients with chronic kidney disease and/or significant proteinuria. It is important to recognize that hypertension and diabetes are frequent complications seen post-liver transplant related to immunosuppressive agents (especially calcineurin inhibitors).