



QUESTIONS TO ASK YOUR DOCTOR AND DIABETES CARE TEAM

A Patient-Provider Discussion Guide

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Living with type 2 diabetes can be difficult, but you can manage living with it. The best place to turn if you have questions is your doctor and diabetes care team. Do not shy away from asking questions. Questions may help you start or continue a dialogue with your doctor about managing diabetes. Remember, your doctor and diabetes care team are there to help. At every visit, ask the following questions to make sure you are taking care of your diabetes^{1,2}:



Blood Sugar Questions

What should my blood sugar levels be?

How often and when should I check my blood sugar level at home? How do I use my meter?

How do I know if it is too low? How do I know if it is too high?

What should I do if it is too low or too high?

ABCs Questions

What are the ABCs of type 2 diabetes?

What should my ABC numbers be?

What can I do to help reach these numbers?

Exercise Questions

Before I start exercising, do I need to have my heart checked out? My eyes? My feet?

What type of exercise program should I follow? What types of activities should I avoid?

How can exercise affect my blood sugar?

How should I watch my blood sugar when I exercise?

What should I bring with me when I exercise?

Nutrition Questions

What kinds of nutritional guidelines should I be following?

Can I still eat foods that I love?

Are there foods and drinks I should not have?

Medication Questions

What medication(s) do I need to take for my diabetes, if any?

How do these work? How will these help me?

When should I take them?

What should I do if I miss a dose?

Are there any side effects? What should I do if I experience a side effect?

Are there any other special instructions that I should know, such as taking them with food?

How should I store my medications?

Foot and Skin Care Questions

Why is it important to check my feet? How often should I check my feet?

What should I do when I check them?

What problems should I call my doctor or nurse about?

Who should trim my toenails? Is it okay if I trim them?

How should I take care of my feet every day?

Other Care Plan Questions

Are there other doctors I should visit?

Are there certain tests that I need to get done?

Why is it important to check my eyes? When should I have a doctor check my eyes?

When should I schedule my next appointment?

References: **1.** Funnell M. National Diabetes Education Program. Five questions to ask your health care team about your type 2 diabetes. http://ndep.nih.gov/media/five_questions_to_ask_your_health_care_team_508.pdf. Updated April, 2012. Accessed on October 10, 2014. **2.** U.S. National Library of Medicine. Diabetes – what to ask your doctor – type 2. <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000217.htm>. Updated October 9, 2014. Accessed on October 10, 2014.

