Work with your doctor to manage your type 2 diabetes

Before you go…
• Think about any problems you have with your diabetes, such as blurred vision or loss of feeling in your feet.
• Make a list of questions to take with you.

At your visit, tell your doctor…
• How you feel.
• What medicines you take. Include any over-the-counter medicines, vitamins, or herbal supplements.
• Your blood sugar levels.
• How you use your blood sugar meter.
• Any problems you are having.

Ask your doctor or nurse…
• Should I change my medicines, meal plan, or exercise habits?
• Are my blood sugar levels OK?
• Are my weight and blood pressure OK?
• Are there any problems with my feet?
• How do I take care of my diabetes when I feel sick?

Always…
• Listen closely to what your doctor tells you.
• Ask questions if you don’t understand.
• Write down what you talk about with your doctor (or ask your doctor to write it down for you).
• Write down when your next visit will be.

This material has been developed by GlaxoSmithKline.