

It's a good idea to be prepared before you arrive for your next appointment. Keep in mind that your diabetes can change over time. Your visits with your healthcare provider are one opportunity to talk about how those changes may affect your treatment—and your overall diabetes management plan.



## ASK YOURSELF

Are your numbers in or out of control?

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You take your medication every day (or as prescribed), right?

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When it comes to tracking your blood sugar, are you on (or off) track?

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How "healthy" is your healthy eating plan?

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Is your exercise plan a dream or a reality? Have you talked to your doctor about it?

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Side effects? Symptoms? What's really bothering you?

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## QUESTIONS FOR YOUR DOCTOR

### Ask about your A1c and your overall diabetes management plan

How does my A1c test compare to my last one?

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Would more exercise plus a different diet add up to a better number?

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What would cause the need for a change in my diabetes treatment? A change in my diet? Exercise? Something else?

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Is it time to change my medication? How will that impact my blood sugar?

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What are some other changes I can make?

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### Ask about your medications

A new medication? What do I need to know? The name? Dosage? How to take it?

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Will my dose change over time? How will I know when it's time to change it?

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Why this treatment rather than another one?

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What side effects should I look for?

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How will I know if it's working—and when?

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## APPOINTMENT CHECKLIST

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|---|---|
| <input type="checkbox"/> Your insurance card  | <input type="checkbox"/> Your Blood Sugar Tracker and your meter        |
| <input type="checkbox"/> Updates to your medical history (operations? allergies? family history?) | <input type="checkbox"/> A food diary if you keep one                   |
| <input type="checkbox"/> A list of your current medications (use chart below)                     | <input type="checkbox"/> This Discussion Guide and a pen to take notes! |
| <input type="checkbox"/> A referral (if one is required)  |   |

### Your current medications

Drug Name	Current Dose	Notes/Questions

Notes

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## CONVERSATION STARTERS

	<p><b>When your doctor says:</b> "Your A1c is not budging."</p>		<p><b>When your doctor says:</b> "It's time to add/change medicine."</p>		<p><b>When your doctor says:</b> "Are you really sticking to your diet and exercise, and treatment routine plan?"</p>
	<p><b>You may be thinking:</b> "How can that be?"</p>		<p><b>You may be thinking:</b> "What? Another medicine?"</p>		<p><b>You may be thinking:</b> "Sticking? I can't get started!"</p>
	<p><b>Try saying:</b> "What can we do to get it going in the right direction?"</p>		<p><b>Try saying:</b> "Another medicine? What can I expect? What will it do?"</p>		<p><b>Try saying:</b> "I think I can use some help in that department."</p>
<p><b>Here's what you need to know:</b> It's not just you, it could be your diabetes. It may be time for some changes. Talk about them!</p>		<p><b>Here's what you need to know:</b> Diabetes can change over time. That means your medicine and overall diabetes management plan may change, too. And you should learn all you can about how things can change and what you can do.</p>		<p><b>Here's what you need to know:</b> There's nothing wrong with asking for help, especially when it comes to changes in your diet, exercise, and treatment routine. Or at least some doable tips for getting healthier! Finding what works best for you can be the key to starting—and sticking with—your plan.</p>	

**Don't forget:** Before your appointment is over, double-check your list of questions to make sure you have the answers you need.