

Tips for visiting your doctor



Take off your shoes and socks.

Your doctor should do a foot exam at every visit.

Make a list of your questions.

Make a second copy of it. This way you can give one to the nurse or doctor, and keep one for yourself.

Bring your medication bottles.

...or a list of your medications (and any vitamins or supplements) each time you visit your doctor.

Ask important questions first.

You may need more than one visit if you have a lot of questions.

Bring a friend or partner.

He or she can support you and help you remember (or write down) the doctor's answers.

Keep in mind:

Questions should be clear and to the point. Tell the nurse and doctor at the beginning of the visit that you have questions so they can plan their time.

Sample questions you might want to ask:

If you've just been diagnosed:

- What is an A1c?*
- When do I need to take my diabetes medication(s)?
- What if I miss a dose?
- What side effects may I have?
- What should I do if I feel any of these side effects?
- Should I take aspirin every day?
- Is it OK to be physically active?
- Do you have any reading material for me to take home?
- Who can I call if I have a problem or question before my next visit?

You might want to circle your questions and take this list with you to the doctor's office.

*Look for further information on this topic in this packet.

If you're not newly diagnosed:

- How close am I to my A1c goal?
- How close am I to my blood lipid goals?
- Am I making progress? (If not, what should I do differently?)
- What other tests should I have?*

Questions to ask at any time:

- Do I need any vaccines (such as flu or pneumovax)?*
- Can you help me make an exercise plan?
- Can you help me make a healthy eating plan?