



QUESTIONS TO ASK YOUR DOCTOR

Taking charge of your health care

Patients who partner with their health care provider have a better outcome in achieving their goals. There are things that you can do to live better with diabetes and things your medical team can do to assist you. Here is a list of questions to ask your doctor on your next office visit.

Print out this page and take it with you to your next appointment:

1. Is there more that could be done to manage my diabetes?
2. What more can I do to manage my blood glucose level?
3. Do I need to take any lab tests and examinations?
4. When will you have my test results and when will you call me to discuss the results?
5. When is my next A1C test is due?
6. Can you refer me to a diabetes educator or dietician?
7. Should I start seeing other doctors regularly, such as an eye doctor or foot doctor?
8. How can exercise make a difference in my diabetes?
9. Will you help me plan a new exercise program?
10. Do any of my tests show that I am at-risk for complications of diabetes?
11. What else can I do to lower my risk?
12. How often should I schedule appointments to have diabetes checked?
13. Are there any new medications that could be used to help manage my diabetes?

Tips:

- ✚ Take a notepad and keep all information from your interview and appointments in one place
- ✚ After your office visit, review you notes
- ✚ Call your doctor if there is anything that you may have questions about