

Getting the Most Out of Your Doctor's Appointment

PLAN. Before Your Visit:

- Learn** all you can about diabetes and your treatment.
- Write down any questions** you have for your diabetes care team.
- Write down any symptoms** you are having, your blood glucose readings (if you are checking), all your medicine (including vitamins and herbs), any foods you eat, and any exercise you do.
- Bring a pen and paper** to take notes (and reading glasses if you wear them).
- Ask a family member** or friend to come with you to the appointment to help you remember everything the doctor tells you.

ASK. During Your Visit:

- Be honest** with your doctor and ask any questions you have about your health.
- Ask questions** if you don't understand what your doctor says. Make sure you understand any instructions.
- Write down** what you talk about so when you get home, you remember what your doctor said.
- Ask for resources** and sources where you can get more information (such as a website or printed information).
- Ask for referrals** if you need them. You may want to try a diabetes education program: Find one near you by calling 1-800-DIABETES (800-342-2383). You may also want to visit a **dietitian, fitness expert, therapist/counselor, or support group**.
- Set a goal** with your doctor and decide what you want to work on before your next appointment.