

Patient information from BMJ

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Diabetes type 2: questions to ask your doctor

If you've been told you have diabetes, you may want to talk to your doctor, hospital specialist, or diabetes nurse to find out more.

Here are some questions that you might want to ask:

- Why do I have diabetes?
- Can I control my diabetes by eating better, exercising, or taking tablets?
- Will I have to start giving myself insulin injections?
- Could the food I eat be making my diabetes worse?
- Do I have to stop eating sweet foods?
- Should I be checking my blood sugar level myself? If so, how often should I check my blood sugar?
- Will I get bouts of low blood sugar? If so, how can I recognise them and how should I treat them?
- Can I keep driving?
- Is there anything I can't do?
- Should I exercise more?
- Is there anything special I should do before I exercise? (Take less insulin? Eat something? Check my blood sugar?)
- Am I at risk of getting any other diseases because of my diabetes?
- What can I do to avoid getting extra problems (complications)?
- Do I need treatment for my blood pressure?
- Do I need treatment for my cholesterol?
- How can you help me stop smoking?
- What should I do if I'm planning to become pregnant?
- Are members of my family likely to get this type of diabetes too? If so, is there anything I can do to protect them?

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