

# Your Doctor Visit

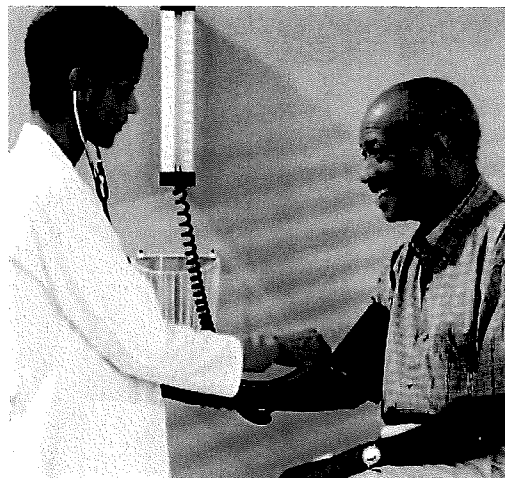
## Work with your doctor to manage your type 2 diabetes

### Before you go...

- Think about any problems you have with your diabetes, such as blurred vision or loss of feeling in your feet.
- Make a list of questions to take with you.

### At your visit, tell your doctor...

- How you feel.
- What medicines you take. Include any over-the-counter medicines, vitamins, or herbal supplements.
- Your blood sugar levels.
- How you use your blood sugar meter.
- Any problems you are having.



### Ask your doctor or nurse...

- Should I change my medicines, meal plan, or exercise habits?
- Are my blood sugar levels OK?
- Are my weight and blood pressure OK?
- Are there any problems with my feet?
- How do I take care of my diabetes when I feel sick?

### Always...

- Listen closely to what your doctor tells you.
- Ask questions if you don't understand.
- Write down what you talk about with your doctor (or ask your doctor to write it down for you).
- Write down when your next visit will be.