



# Questions to ask your GP

**Putting together a list of questions to ask your GP can help you make the most out of an appointment.**

**It is important you understand the information passed on in GP appointments, after all, you are the most important member of your healthcare team!**

## **Here are some basic questions you may want to ask your GP to help you understand type 2 diabetes and the best way to manage it**

- Are you comfortable/happy to help me manage my diabetes?
- What should I do if my symptoms get worse or if I experience new symptoms?
- Can you refer me to a diabetes educator or a registered dietitian?

### **Blood glucose levels**

- How often should I check my blood glucose levels?
- Is there a difference between blood sugar and blood glucose?
- How can I tell if my glucose levels are too high or too low? What should I do about either high or low blood glucose.
- Are there specific times during the day I should test my blood glucose?
- What is low blood glucose and high blood glucose?
- What should I do if my blood glucose is too high or too low? How can I prevent this from happening?
- What are my goals for measuring my blood glucose on a daily basis?
- What are the symptoms of low blood glucose and high blood glucose?
- If I can control my blood glucose levels, does that mean my type 2 diabetes is cured?

### **Management**

- What are the risks of not treating type 2 diabetes?
- Does diabetes mean I have to stop eating my favourite food?
- How can exercise help me manage diabetes?
- What is the importance of diet in diabetes?
- Do I need to take my medications even on days when I feel fine?
- Should I start seeing other specialists regularly such as an optometrist and podiatrist?
- Does having diabetes mean that I am at higher risk for other medical problems? Do I need any other tests at any point?
- Should I consider any vaccinations?
- How often should I check my own feet? What should I do when I check them? What problems should I be concerned about?

### **Lifestyle**

- How do I manage my diabetes while traveling?
- How do I manage my diabetes if I am sick?
- How do I manage my diabetes if I plan to drink alcohol?

### **Other questions you want to ask**

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*What I wish  
I knew...*

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