Questions To Ask The Provider

☐ What type of Diabetes do I have? ____________________________
What is Diabetes?

☐ What medicine do I take? ____________________________
Medicine

☐ When do I take my medicine? ____________________________
Medicine

☐ Can I eat and take my medicine the day of my appointment? ____________________________
What is Diabetes?

☐ How often should I check my blood sugar? ____________________________
High blood sugar, low blood sugar

☐ What should my Hemoglobin A1c be? ____________________________
What is Diabetes?

☐ What should my blood sugar be? ____________________________
High blood sugar, low blood sugar
  Fasting: ______
  Before Bedtime: ______
  After eating: ______

☐ What should I do if my blood sugar is low? ____________________________
High blood sugar, low blood sugar

☐ What should I do if my blood sugar is high? ____________________________
High blood sugar, low blood sugar

☐ What do I do if I get sick: ____________________________
Sick Days

☐ What medicines should I not take when I am sick? ____________________________
Sick Days

☐ Do I need to lose or gain weight? ____________________________
What is Diabetes?

☐ What Diet should I follow? ____________________________
Nutrition

☐ What kind of exercise should I do and how often? ____________________________
Exercise

☐ When do you want to see me again: ____________________________
What is Diabetes?

Write other questions you have on the back of this paper.

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