

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.