



## Talking to your doctor may be the first step in helping you to better control your blood sugar.

### Here are some steps to get the conversation started.

Every time you see your doctor, it's a chance to discuss your progress and any concerns you might have about the treatment of your diabetes. That's why it's really important to share information and ask questions. Fill out this sheet and bring it to your next appointment.

### STEP 1: Bring these things with you to your doctor.



A record of your blood sugar tests or your blood sugar meter with the stored information.



A list of all medicines (prescription and over-the-counter), vitamins, and herbal supplements you're taking. Or, bring your medicines along with you.



Notes about any other health problems or concerns you've had since your last visit.

### STEP 2: Ask these important questions (and any others you may have).

1. My A1C is  My A1C goal is
2. Is there anything else I can be doing to help reach my blood sugar goal?
3. What are the benefits and possible side effects of the medicine(s) I am taking?
4. What are some symptoms of high and low blood sugar (also called hyperglycemia and hypoglycemia)?  
What should I do if I experience these symptoms?

Other questions:

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### STEP 3: Take notes.

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