

Talk about

TYPE 2 DIABETES

with your doctor

HELPFUL TIPS

Visiting a medical office can be stressful. You may feel rushed or worried and forget to ask important questions. Here are a few tips on talking with your doctor:

- **Give information:** Tell your doctor about your symptoms, health history, current medications, and any other important health information.
- **Ask questions:** Write down questions beforehand. If you don't understand something, ask for more explanation or more time to talk about it.
- **Take notes:** Take a pen and notepad with you to your appointment. Ask to record the discussion with a voice recorder so you can listen to it later.
- **Take information home:** Ask for brochures or written instructions you can review at home.

Need a place to write down questions? Use the other side of this card as a starting point.

ASKING QUESTIONS

about type 2 diabetes

Use this area to write down the questions you have about type 2 diabetes. Take this card to your next medical appointment to remember what to ask.

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