MANAGING TYPE 2 DIABETES

My Personal Health Care Provider Discussion Guide

After learning more about type 2 diabetes and treatment plans on the Metformin & Beyond website, you may still have questions for your health care provider. This Discussion Guide is designed to help you organize your questions so that you can make the most of the next appointment you have with your health care provider.

Print out this guide and review. Check the boxes that correspond to the questions you’d like to ask or the topics you would like more information on, and then bring it to your next appointment. This will help you start the conversation with your health care provider and help you to better manage your diabetes. Remember to jot down the answers you receive, so you can refer to them later.

Questions to Ask Your Health Care Provider

**MY BLOOD SUGAR & A1C GOALS**

Keeping track of your blood sugar and A1C numbers on a regular basis will help you and your health care provider see how well your diabetes treatment plan is working.

☐ Are my blood sugar numbers too high (before and after meals)?

☐ What are my blood sugar goals before and after I eat?

☐ What blood sugar level (high or low) should alert me to give you a call?

☐ What is my current A1C?

☐ What is my A1C goal?

☐ How often should I have my A1C checked?
TAKING MY MEDICINE

As you manage your type 2 diabetes, it’s important to understand how your treatment plan works to help you better control your blood sugar levels and reach your A1C goals.

☐ Why do I need to take metformin as a part of my treatment plan?

☐ How does metformin work along with diet, exercise, and other medicines to lower my blood sugar?

☐ How soon should I see a reduction in my A1C?

☐ What happens if my A1C is not falling into the target range? Will my medicine or treatment plan need to change?

POSSIBLE SIDE EFFECTS

There may be some potential side effects when taking medicine. Be sure to ask your health care provider about them and what you can do to help lessen your chances of experiencing them.

☐ What are the potential side effects with my medicine?

☐ What can I do to manage my side effects?

☐ Is metformin safe to take with other medicines?

☐ What should I do if my blood sugar is too low?
DIABETES CHANGES OVER TIME

There are many possible reasons why your type 2 diabetes changes and some of them may be beyond your control. Since diabetes changes, your treatment plan may need to change, too. Your health care provider can tell you more about additional treatment options and adjustments you can make to your treatment plan.

☐ What causes diabetes to change over time? Why does it seem harder than before to get to my A1C goal?

☐ How will this change in my diabetes affect my treatment plan? Can I manage my blood sugar with healthy eating and staying active? Will I need to take metformin with another medicine?

☐ If my A1C isn’t at goal in a few months, what does the American Diabetes Association advise about adding or changing medicines?

☐ Does everyone with type 2 diabetes end up on insulin?
DON’T SEE SOME OF YOUR QUESTIONS ON THIS CHECKLIST?
Write down additional questions to discuss with your health care provider.