Questions to ask your GP

A conversation starter about type 2 diabetes and your care.

- ☐ What is my current HbA1c, and what does it mean?
- ☐ Could remission be a realistic goal for me?
- ☐ What eating approaches fit my health, budget and whānau?
- ☐ Could changes to food affect my medicines or cause low blood glucose?
- ☐ If I take an SGLT2 medicine, what should I know before reducing carbohydrate?
- ☐ Can I see a dietitian, health coach or Māori health provider?
- ☐ How will we monitor my blood glucose and review my medicines safely?
- ☐ What ongoing eye, kidney and foot checks do I need?
- ☐ Can I bring someone to support me?

My questions and notes