

## **Be Ready to Talk to the Doctor or Nurse**

Use this handout to prepare for a talk with your doctor or nurse. To help you remember, circle the items below that you want to talk about.

### **About your drugs**

- What drugs you take every day
  - Insulin shots
  - Drugs to help with blood sugar
  - Drugs for cholesterol problems
  - Aspirin or clopidogrel (Plavix)
  - Drugs for high blood pressure and to help your kidneys
- Other drugs you take
- How often you miss a dose
- Can you get refills
- Any drug side effects you are having
- Any herbs or drugs you buy off the shelf

### **How you are feeling**

- Tired all the time
- Less interest in people or doing things
- Angry, sad, or feel there is no hope

### **Your blood sugar**

- How often you check your blood sugar
- Show your blood sugar numbers to your doctor or nurse
- What a good blood sugar level is for you
- What to do if blood sugar is too high or too low
- What to do on days when you are sick

### **What you are eating**

- How much you eat a day
- What kinds of food you eat
- What foods are good for your heart
- What to eat in a restaurant

### **Stomach problems (nausea and vomiting)**

- Throw up or vomit

## **Be Ready to Talk to the Doctor or Nurse Cont'd**

### **Your feet and legs**

- Sores on feet or legs
- Pain in your feet
- How often you check your feet
- What kind of socks and shoes to wear
- Who trims your toenails

### **Chest pain or shortness of breath**

- New or getting worse
- Wakes you up at night

### **Smoking, alcohol use, or illegal drug use**

- If you smoke
- If others smoke in your home
- How many drinks with alcohol you drink a day

### **Talk about your eyes**

- Is it harder to see
- Last visit with an eye doctor

### **Other doctors, nurses, or providers you have seen**

- Family doctor
- Specialist, like cardiologist or neurologist
- Naturopathic or homeopathic provider
- Other health care provider

### **Tests or shots you may need**

- Blood and urine tests (to check blood sugar, cholesterol, and kidneys)
- Flu shot
- Pneumococcal (pneumonia) shot
- Feet checked by doctor or nurse

## **Be Ready to Talk to the Doctor or Nurse Cont'd**

### **Help you need in the home**

- To clean, cook, or shop
- To move around at home
- To take drugs, especially insulin
- Other help

### **Other problems or worries**

- Any school or work problems
- How to plan a pregnancy
- How to prevent pregnancy
- Want to get more exercise