



Dr Vanderpump's Patient Information

Your Diabetes Care Checklist

Once you have been diagnosed with Diabetes there are various things you should do in terms of your own care:

Upon diagnosis

- Attend a local education course to help you understand and manage your diabetes
- Carry some form of medical ID about your diabetes
- Talk to your GP about obtaining a prescription exemption certificate to obtain free prescriptions
- See a registered Dietitian
- Get support if you are a smoker
- Get specialist advice if you are planning to have a baby or know you are pregnant

Ongoing:

- Your healthcare team may ask you to monitor your blood glucose levels by testing your urine or blood. The team can advise on when to test and for how many times a day. Advice on testing varies for each person with diabetes.
- Monitor your weight and maintain a healthy level through a healthy, balanced diet and exercise.
- Examine your feet between daily, this is particularly important if you are experiencing reduced sensation.

Annually:

- Get your blood glucose levels measured
- Get your blood pressure measured
- Have your cholesterol measured
- Have an eye test
- Have your feet checked
- Have your kidney function monitored
- Agree a yearly care plan with your healthcare team

Driving

If you're taking medicine to lower your blood glucose and are a driver you should inform both the DVLA and your insurance company about your diabetes.