

CARE TO EXPECT WHEN YOU'RE FIRST DIAGNOSED

When you were diagnosed with type 2 diabetes, you should have had the following conversations and checks with your healthcare team. Tick off what you've already had and if there's anything missing, ask your healthcare team if you still need it:

- A review of your medical history and anything going on in your personal life that might affect your diabetes.
- A referral to a diabetes group education programme that works for you and your cultural background, or the same type of education in a one-to-one appointment if you prefer.
- If it's right for you, a discussion about weight management or weight loss and type 2 diabetes remission, which is when your average blood sugar levels are no longer in the range for diabetes and you don't need medication.
- A review of your emotional wellbeing and mental health needs.
- A review of your medication.
- A summary of your agreed diabetes management plan and when it should be reviewed again.
- Information about the medical exemption form for free prescriptions if you live in England. You don't need this in Northern Ireland, Scotland, and Wales as prescriptions are free for everyone.

REGULAR CARE TO EXPECT



At diagnosis and then at least once a year, everyone with type 2 diabetes should have the following checks and appointments. Tick off what you've already had and ask your healthcare team about when you'll have anything that's missing:

- An HbA1c test, which checks your average blood sugar levels over the last three months.
- A blood pressure check, a weight check, a cholesterol test to check your blood fats, and blood and urine tests to check how well your kidneys are working.
- An eye screening appointment to check for signs of diabetic retinopathy, which is a complication of diabetes. But this might be every other year if your previous checks were fine.
- A foot check to make sure you don't have problems with nerves or circulation in your feet. This may be once every other year if you live in Scotland and are at low risk of foot problems.
- Advice about your diet from a dietitian, and weight monitoring.
- A review and update of your agreed diabetes management plan.
- A review of the diabetes knowledge you already have and would like to have.



The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no.SC039136).

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