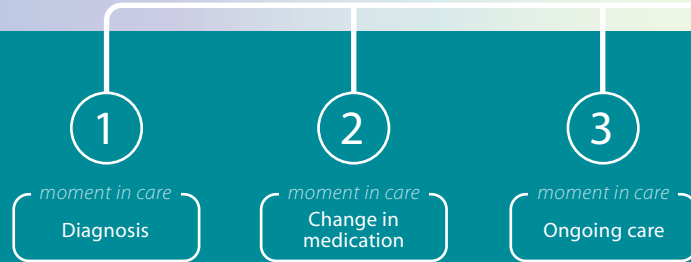


Health Professional's Name

# Diabetes (Type 2)

## infoPrescriptions



*Working together to improve care for people with long-term conditions*





Your name: .....

Your doctor or nurse's name: .....

## Diagnosis

*You have just been diagnosed with Type 2 diabetes*

This **Info Prescription** tells you about places you can go to get more information and support.

TEAR ALONG HERE

It is normal to have lots of questions and to feel worried. This handout gives you a list of people and places who are **here to help you**.

**Keep hold** of it as you might want the information in the future.

**i** If you are unsure of anything your doctor or nurse has told you, the words they have used or want to know more about **Type 2 diabetes**, please turn over the page and get more information.

**www** For answers to your frequently asked questions visit: [www.infoprescription.org.uk](http://www.infoprescription.org.uk)

It is important to think about how you can change your diet and activity in order to stay well and healthy. Follow any advice you have been given about medications and testing your glucose levels at home.



Patient name \_\_\_\_\_


NHS no. \_\_\_\_\_

Date \_\_\_\_\_




## More information and help:

### For answers to your frequently asked questions visit:


 [www.infoprescription.org.uk](http://www.infoprescription.org.uk)

### Get friendly support:

Diabetes UK Careline


 0845 120 2960 (weekdays 9am-5pm)

(BT calls from landlines should cost no more than 4p per minute; calls from other providers and mobiles may vary. Alternatively, call


 020 7424 1000 and ask Reception to transfer your call to the Careline.

Diabetes UK, Macleod House, 10 Parkway, London, NW1 7AA

### Chat to people online and learn about diabetes:

 [www.diabetes.org.uk](http://www.diabetes.org.uk)

### If you need support in your own language contact CITAS:

 0845 521 0405

**If you don't have access to the internet at home,  
visit your local library for free access and help.**



# Diabetes

Change in medication



Hammersmith and Fulham   
Primary Care Trust

# info Prescription



Your name: .....

Your doctor or nurse's name: .....

## Change in medication

### *Your diabetes medication has been changed*


This **Info Prescription** tells you about places you can go to get more information and support.

TEAR ALONG HERE

It is normal to have lots of questions and feel worried when your medication changes. This handout gives you a list of people and places who are **here to help you**.

**Keep hold** of it as you might want the information in the future.

It is normal for your diabetes medication to need to change. Your doctor may try different combinations of medications and different doses to try to get your blood glucose levels under control.

 If you are unsure of anything your doctor or nurse has told you, the words they have used or want to know more about **your diabetes medications**, please turn over the page and get more information.



For answers to your frequently asked questions visit: [www.infoprescription.org.uk](http://www.infoprescription.org.uk)

Patient name \_\_\_\_\_

NHS no. \_\_\_\_\_

Date \_\_\_\_\_

② Change in medication


③ Ongoing care

ENGLISH




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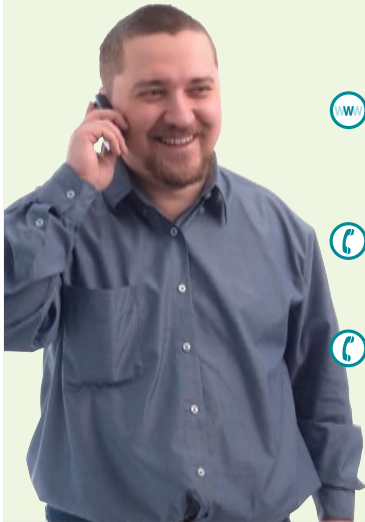
Expert Patients Programme

 020 8846 6803

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 0845 521 0405

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visit your local library for free access and help.**





Your name: .....

Your doctor or nurse's name: .....

### Ongoing care

*Your diabetes needs ongoing care from yourself and your diabetes team.*

This **Info Prescription** tells you about places you can go to get more information and support.

TEAR ALONG HERE

It is normal for you to still have lots of questions and go through many emotions during your life with diabetes. This handout gives you a list of people and places who are **here to help you**.

**Keep hold** of it as you might want the information in the future.

On going care helps you to keep your blood glucose, blood pressure and blood fat levels to as near normal as possible.



For answers to your frequently asked questions visit: [www.infoprescription.org.uk](http://www.infoprescription.org.uk)

This will help you to lead a normal and healthy life and reduce the risk of diabetes complications.



If you are unsure of anything your doctor or nurse has told you, the words they have used or want to know more about ongoing care, please turn over the page and get more information.

Over the page is a list of people who are ready to listen and support you.

Patient name \_\_\_\_\_


NHS no. \_\_\_\_\_

Date \_\_\_\_\_




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*Working together to improve care for people with long-term conditions*

