

Patient information from BMJ

Last published: Aug 16, 2021

Diabetes type 2: questions to ask your doctor

If you've been told you have diabetes, you may want to talk to your doctor, hospital specialist, or diabetes nurse to find out more.

Here are some questions that you might want to ask:

- Why do I have diabetes?
- Can I control my diabetes by eating better, exercising, or taking tablets?
- Will I have to start giving myself insulin injections?
- Could the food I eat be making my diabetes worse?
- Do I have to stop eating sweet foods?
- Should I be checking my blood sugar level myself? If so, how often should I check my blood sugar?
- Will I get bouts of low blood sugar? If so, how can I recognise them and how should I treat them?
- Can I keep driving?
- Is there anything I can't do?
- Should I exercise more?
- Is there anything special I should do before I exercise? (Take less insulin? Eat something? Check my blood sugar?)
- Am I at risk of getting any other diseases because of my diabetes?
- What can I do to avoid getting extra problems (complications)?
- Do I need treatment for my blood pressure?
- Do I need treatment for my cholesterol?
- How can you help me stop smoking?
- What should I do if I'm planning to become pregnant?
- Are members of my family likely to get this type of diabetes too? If so, is there anything I can do to protect them?

Diabetes type 2: questions to ask your doctor

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at bestpractice.bmj.com. This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: bmj.com/company/legal-information. BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2024. All rights reserved.

What did you think about this patient information guide?

Complete the [online survey](#) or scan the QR code to help us to ensure our content is of the highest quality and relevant for patients. The survey is anonymous and will take around 5 minutes to complete.



BMJ Group