

What diabetes care should you have from your Practice - for people newly diagnosed with Type 2 diabetes

Patient Information Leaflet

You can look after your diabetes with help from your GP and Practice Nurse. Most people with Type 2 diabetes do not need to be referred to see a Hospital Consultant when they are newly diagnosed.

WHEN YOU ARE FIRST DIAGNOSED YOUR GP OR PRACTICE NURSE SHOULD:

- ❖ Explain to you what diabetes is and what this will mean for you.
- ❖ Provide leaflets and/or website details for further information.
- ❖ Provide you with information regarding a group education programme near to where you live. Here you can spend time with a member of the diabetes team and a small group of people with Type 2 diabetes to help you learn more about your condition.
- ❖ Discuss the importance of regular exercise, a healthy diet, including weight loss if you are overweight and stopping smoking, if you smoke.
- ❖ Explain to you the importance of attending the Practice for regular diabetes check-ups and how these are arranged in the Practice.
- ❖ Tell you who in the Practice to contact if you have concerns or questions about your diabetes.
- ❖ Check your height, weight, blood pressure, feet, urine and some other appropriate blood tests.
- ❖ Explain that, within the next few months, you will receive an appointment by post to attend for Diabetes Eye Screening. At this appointment photographs will be taken of the back of your eyes. This is how we check that you are not developing problems caused by diabetes that might affect your vision if not discovered. This will be offered to you every year and is very important.
- ❖ Discuss whether you would benefit from starting to take a cholesterol-lowering (statin) tablet. This can work to help protect you from complications of diabetes

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 30 30 243 or e-mail info@lanarkshire.scot.nhs.uk

For further information go to:
[Diabetes MCN website](#)

Pub. date:	September 2018
Review date:	September 2020
Issue No:	04