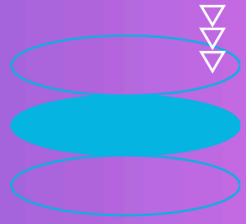




YOUR TYPE 2 DIABETES CARE GUIDE

A step-by-step guide for new patients



Step 1: You've Been Diagnosed with Type 2 Diabetes

Being diagnosed can feel overwhelming, but you're not alone. With regular support and healthy lifestyle choices, type 2 diabetes can be well managed.

Step 2: Your First Appointment

- Our admin team will contact you to book an appointment with a Nurse or a Healthcare Assistant (HCA).
- This first appointment helps us understand your health needs and introduce you to diabetes care.

Step 3: Diabetic Clinic Appointment (3–4 Months Later)

You will receive:

- A letter with a Diabetic Clinic appointment
- A request form for blood and urine tests

What to do:

Please book and complete your blood and urine tests promptly, so results are ready before your clinic visit.

Step 4: Routine Blood and Urine Test Monitoring

You will have routine blood and urine tests every 6 months and a yearly diabetic clinic appointment. These check-ups help monitor your condition and adjust your care plan if needed.

Step 5: Annual Diabetic Eye Screening

You will be invited once a year for a diabetic eye screening test.

This is important to check for early signs of diabetes-related eye conditions.

Frequently Asked Questions (FAQs)

What is Type 2 Diabetes?

Type 2 diabetes is a condition where the body either doesn't produce enough insulin, or the insulin it produces doesn't work properly. This causes blood sugar levels to become too high. It's a long-term condition, but with healthy lifestyle changes and medical support, it can be managed effectively.

What Should I Eat?

Focus on a balanced diet:

- Plenty of vegetables, whole grains, and lean protein
- Limit sugary snacks and drinks
- Choose healthier fats (like olive oil or nuts)
- Watch portion sizes and eat regular meals
- Reduce carbohydrates such as bread, pasta, potatoes and rice

Our Diabetic Team can support you further with this. Please see the link below for more details.

<https://www.diabetes.org.uk/living-with-diabetes/eating/what-is-a-healthy-balanced-diet>

What Happens at the Diabetic Clinic?

At the clinic, you will meet a nurse/HCA and then a doctor/pharmacist who will:

- Review your blood and urine test results
- Check your blood pressure, weight, and foot health
- Discuss your medications and lifestyle
- Help set goals for managing your diabetes

Top Tip: Please write down any questions you have before this appointment.

Why Do I Need a Urine Test?

The urine test checks for a protein called albumin. This helps detect early signs of kidney problems, which can occur with diabetes. Catching any issues early allows for better treatment and monitoring.

Why Do I Need a Blood Test?

Blood tests are essential for monitoring how well your diabetes is controlled and checking for any early signs of complications. These tests can check HbA1c which measures your average blood sugar over the past 2–3 months. Your kidney, liver and thyroid will also be checked.

How Do I Check My Blood and Urine Results?

You can:

- Log into your NHS App to see the results
- Discuss them during your diabetic clinic appointment

Need Help or Have Questions?

- Contact the practice on: 020 8333 5000
- Visit: <https://www.thamesmeadmedical.org>

We're here to support you every step of the way.