15 things you need to know when you have diabetes
If you have diabetes there are some tests you need every year to help you stay well. We’ve made a list to help you remember. Take it with you when you visit your doctor or nurse so you can talk about it together.

1. Get your blood sugar levels tested by your doctor or nurse at least once a year. This is called an HbA1c test.
2 Have your blood pressure taken at least once a year.

3 Have your blood fats (cholesterol) checked every year.
4 It is important to have your eyes tested every year.

5 Have your feet and legs checked every year.
Your kidneys may become damaged with diabetes. Have your kidney blood test every year.

It’s good to exercise. Talk to someone about your weight and the food that you eat.
Sometimes diabetes can make us feel sad, it is good to talk to someone about how we feel.

Make sure you understand diabetes, ask someone to help you.
10 Talk to your nurse or doctor about your diabetes.

11 Get your flu vaccination (injection) every year.
12 If you are in hospital ask to speak to the diabetes nurses and doctors.

13 Talk to your doctor if you are having problems with sex.
14 If you smoke try to stop or get help.

15 If you are planning to have a baby, talk to the diabetes nurses and doctors.
If you have any other questions about your diabetes, talk to a nurse or a doctor or call the Diabetes UK helpline 0345 123 2399*.

*Monday to Friday, 9am to 6pm. Calls may be recorded for quality and training purposes.
We’re fighting for a world where diabetes can do no harm
Contact Diabetes UK for further information

**Diabetes UK Northern Ireland**
Bridgewood House
Newforge Lane
Belfast
BT9 5NW

**Phone** 0289 066 6646
**Email** n.ireland@diabetes.org.uk

Call the Diabetes UK helpline **0345 123 2399**

This booklet was developed and produced alongside
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Developed in partnership with

[Logo: Diabetes Network NI]

[Logo: HSC Northern Health and Social Care Trust]

www.diabetes.org.uk

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