

PREPARE for Your Diabetes Care

Bring this form to your visit. Ask about your diabetes medicines.

What you need to know about your diabetes medicines:

- As people get older, they are at a higher risk of low blood sugar.
- So, it may be safest for your medical providers to lower, change, or stop some of your diabetes medicines.

What is most important to you about your life and diabetes medicines?

You might decide with your medical providers to lower, change, or stop some of your diabetes medicines if:

- You don't want to risk having serious problems from low blood sugar
- You don't want to check your blood sugars so often
- You don't want to have to take so many medicines
- If you are on insulin, you do not like needles
- You want to lower the cost of your medicines

Your medical provider will make sure it is safe to lower, change, or stop some of your diabetes medicines. Make sure to talk with them about it.

How to Bring it Up at the Start of Your Visit

- “I was hoping we could talk about my diabetes medicine.”
- “I have heard that when people get older, it might be safer to lower, change, or even stop some of the diabetes medicine. Can we talk about this?”

3 Key Questions to Ask Your Medical Providers:

1. “What bad things could happen to me on my diabetes medicines?”
2. “What options do I have to lower, change, or stop some of my diabetes medicines?”
3. ****Most Important:** “What will my quality of life be like if we lower, change, or stop some of my diabetes medicine?”

Action Plan: Are You Ready to Talk About Your Diabetes Medicines?

- I am ready to talk to my medical provider about my diabetes medicines.
- I am not ready. I need more time to think about it.