



Your name: .....

Your Doctor/Nurse/Pharmacist's name: .....

## Diagnosis

*You have just been diagnosed with Type 2 diabetes*

This **Info Prescription** tells you about places you can go to get more information and support.

TEAR ALONG HERE

It is normal to have lots of questions and to feel worried. This handout gives you a list of people and places who are **here to help you**.

**Keep hold** of it as you might want the information in the future.

**i** If you are unsure of anything your doctor or nurse has told you, the words they have used or want to know more about **Type 2 diabetes**, please turn over the page and get more information.



For answers to your frequently asked questions visit: [www.infoprescription.org.uk](http://www.infoprescription.org.uk)

It is important to think about how you can change your diet and activity in order to stay well and healthy. Follow any advice you have been given about medications and testing your glucose levels at home.



Patient name


Patient ID No.

Date




## More information and help:

### For answers to your frequently asked questions visit:

 [www.infoprescription.org.uk](http://www.infoprescription.org.uk)

### Get friendly support:

Diabetes UK Careline


 0845 120 2960 (weekdays 9am-5pm)

(BT calls from landlines should cost no more than 4p per minute; calls from other providers and mobiles may vary. Alternatively, call


 020 7424 1000 and ask Reception to transfer your call to the Careline.

Diabetes UK, Macleod House, 10 Parkway, London, NW1 7AA

### Chat to people online and learn about diabetes:

 [www.diabetes.org.uk](http://www.diabetes.org.uk)

### If you need support in your own language contact CITAS Advocacy:

 0208 600 3830

**If you don't have access to the internet at home,  
visit your local library for free access and help.**

