



Your name:

Your Doctor/Nurse/Pharmacist's name:

Ongoing care

Your diabetes needs ongoing care from yourself and your diabetes team.

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

TEAR ALONG HERE

It is normal for you to still have lots of questions and go through many emotions during your life with diabetes. 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.

On going care helps you to keep your blood glucose, blood pressure and blood fat levels to as near normal as possible.



For answers to your frequently asked questions visit: www.infoprescription.org.uk

This will help you to lead a normal and healthy life and reduce the risk of diabetes complications.



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

Over the page is a list of people who are ready to listen and support you.

Patient name _____

Patient ID No. _____

Date _____




More information and help:

For answers to your frequently asked questions visit:


 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

Go on a free course to help you manage your condition:

Expert Patients Programme

 020 8846 6803

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.

