

If you are using insulin:

Please bring your insulin pens with you.

The nurse will check your injection sites for hardening or infection. She will discuss about hypo-glycaemic attacks and their management. If you keep a diary of your readings, or they are recorded on your glucometer, please bring it with you on the day.

Follow-up:

The most important part of your diabetic check up is to make sure your blood results are ok, and to discuss with your GP or nurse as to whether you are having any difficulties with your diabetes. If there are any changes to be made to your tablets/ insulin, it will be discussed at this visit. You may need referral to specialist care, an eye specialist, dietician or podiatrists.

Diabetes is an ever-changing challenge and good communication and follow-up are vital to long-term successful treatment.

Please use the opportunity to ask any questions!

Opening Hours

Monday to Friday: 9:00am to 5:30 pm

Closed for lunch 1:00pm to 2:30pm

Saturday Emergencies only: 9:00am to 1:00pm.

Useful Websites

www.indi.ie—for advice on diet, etc.

www.diabetes.ie—general advice of diabetes

www.Eatwell.gov.uk—more dietary advice!

www.getirelandactive.ie—useful information on exercise and fitness for all

www.diabeticretinascreen.ie—register for free eye checks.

WESTERN ROAD SURGERY

Phone: 023 8835102

Fax: 023 8835867

**WESTERN ROAD
SURGERY**

**PRACTICE
INFORMATION
LEAFLET**

**Caring for
your
Diabetes**

WESTERN ROAD SURGERY
21 Western Road
Clonakilty, Co Cork
023 8835102



Diabetes Mellitus Annual Review

Every patient with Diabetes should have an annual check-up with the Doctor or Practice Nurse. Appointment reminders will be sent to you and it is important to attend these clinics to ensure your diabetes is being treated correctly.

What can I expect?

During this visit the Doctor or Nurse will check to see if you are developing any complications from your diabetes, check your medications, and give you the chance to ask any questions you feel are necessary. Diabetes is an ever changing condition and follow-up is vital to staying healthy.

Try to plan for a morning appointment as it is necessary to fast for 14 hours before your visit! A mouthful or two of water is all that is allowed!!

Get your bloods checked-

A HbA1c test will be checked. This measures your glucose control for the past 1-2 months and tells us how your diabetes is doing. A level between 47 and 53 is ideal.

Your cholesterol (fats) will need to be checked

along with your kidney function. It is necessary to fast overnight for 12 hours before these tests. All you can have during this time is a mouth full of water.

Check your Blood Pressure-

Good blood pressure control is vital in diabetes and changes to your medications may be necessary.

Have your weight checked-

While some people find this embarrassing it is important to measure as weight loss is important for controlling your Diabetes.

Discuss eye checks—

You should have your eyes checked once a year by a recommended Optician or in the hospital. Cataracts and visual loss can occur in diabetes. The only way to know is to have a regular check up.

Examine your feet—

The blood supply and sensation to your feet needs to be checked to prevent ulcers and skin damage to your feet. A Doctor/ Nurse should examine your feet once a year. Leaflets are available to give advice on how to care for your feet.

Dip a Urine sample—

This checks for protein in the urine as this helps assess how your kidneys are working. You can bring a sample from home that morning, or provide one in the surgery.