



# Talking to Your Doctor: A Discussion Guide

Taking good care of yourself when you have type 2 diabetes can be a lot of work. So make sure you see your doctor regularly to check how you're doing and to help prevent long-term health problems.

## To help make the most of your doctor visits, go prepared. Try to take these things with you:

- A record of your daily sugar tests or your glucose meter with the stored information
- A list of medicines you're taking, including over-the-counter medicines, vitamins, and herbal supplements (You can put all your medications into a plastic bag and take them with you.)
- Notes about any health problems you've had
- A list of questions you'd like to ask your doctor

## If you're not sure what to ask your doctor, you can use these questions to help get the conversation started:

1. What are my ABC numbers?
  - A for A1C • B for blood pressure • C for cholesterol
2. What should my target ABC numbers be?
3. How often should I test my blood sugar?
4. Will I notice any warning signs if my blood sugar is too high or too low?
5. Should I speak to a registered dietitian to review what I eat?
6. Do I need to lose weight?
7. Which exercises are best for me?
8. What tests do I need to have done to check my eyes, feet, kidneys, nerves, and heart?
9. Should I attend a class taught by a diabetes nurse educator? If so, where can I find such a class in my area?
10. What are the side effects of my current medications?
11. Is JANUVIA right for me?

JANUVIA (jah-NEW-vee-ah) is a once-daily prescription pill that, along with diet and exercise, helps lower blood sugar levels in adults with type 2 diabetes.

JANUVIA should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

### Selected Risk Information About JANUVIA

Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

**Please read the Medication Guide and discuss it with your doctor. Also available is the Prescribing Information.**

