

## Diabetes Care

Diabetes is a serious illness requiring regular follow-up. We can provide most of your care within the practice, but we also use specialist teams provided by local hospitals when appropriate.

As part of the routine care we recommend twice yearly checks. More frequent appointments may be required to help you manage co-existing diseases impacting on your diabetes.

Hospital-based diabetic clinics are moving away from full annual checks to a problem-solving approach. We hope all the tests and examinations required to give you the best possible care will be done by the hospital when you go there. To make sure this happens we like to see all diabetics, under hospital care, at least **once** a year at the surgery. The doctor will discuss this with you if necessary.

There is lots of helpful information at the [Diabetes UK](#) website about what care to expect. If you feel you are seeing too many doctors and nurses please discuss this at your next appointment.

At each diabetes check:

1. You will need a blood tests so we can monitor your kidney function, liver function and HbA1c (a measure of diabetes control) twice a year. Once a year we recommend you have a fasting blood sample\* to check your cholesterol levels and also send a urine sample to the laboratory to check for albumin.
2. We recommend a 20 minute appointment with the practice nurse for a physical examination
3. Once the blood results and physical examination results are available you should see Dr Mark Morgan or Dr Rachel Taubman for twenty minutes. They both have a special interest in diabetes .
4. If necessary we can refer you to different diabetes centres based in hospital for more specialist advice and care. The most commonly used centres are based in Salisbury, Bournemouth and Poole.

\*Fasting blood test: If the doctor or nurse has asked you to attend for a fasting blood test please follow the instructions below:

- Avoid alcohol for 24 hours prior to the test.
- Starve for 10 hours prior to the test. (This usually means not drinking tea or coffee and avoiding all food from 10pm the day before until after the test.)
- We recommend booking the earliest possible appointment with a phlebotomist to avoid prolonged hunger.

Results generally take 3 working days to be processed.