

TOPICS TO DISCUSS WITH YOUR DGP HEALTHCARE TEAM



The best way to help your healthcare team understand your diabetic gastroparesis (DGP) care needs is to be prepared for your appointments. These discussion topics, along with the information you gather on your DGP-n-Me Symptom Tracker and Diet Tracker, will help you provide specific details about your symptoms and help your healthcare team adapt your treatment plan as needed so you can find symptom relief.



DGP Management

- Explain the types of symptoms you are having, including how often they appear and how severe they are
- Bring up the symptoms that are most bothersome
 - Discuss how they impact your daily life and describe any adjustments you've had to make because of them
- Identify triggers that may bring about flares (such as food, stress, or specific activities)
- Mention any recent hospitalizations and urgent care or emergency room visits that your healthcare provider may be unaware of



Medications

- Be prepared to discuss the medications you are currently taking
 - How are they working for you? Are you having any difficulties taking them?
- Ask about other possible treatment options
 - What other medications may help me find symptom relief? How might they help me? Are there any possible difficulties associated with them?

These are just a few topics you could discuss with your healthcare team. You may have others you might want to bring up, so before your next visit, write down any additional questions you want to ask in the space below.

Other topics to talk about _____
