

## Patient information

# Type 2 diabetes carbohydrate awareness course

Do you want to know how type 2 diabetes develops?

Are you unsure how your diabetes medications work?

Are you confused about carbohydrates?

Do you wish for more dietary freedom whilst maintaining diabetes control?

**If you answered YES to any of the above, refer yourself today!**

### About:

- It is a one-off group education course held at various locations across West Suffolk.
- Two hour course run by diabetes specialist nurse and dietitian.
- You will have the opportunity to meet others with type 2 diabetes.

### Covers:

What is diabetes?

Diabetes medications:  
timing and action.

What are carbs?  
Types of carbs.

How to carb count:  
weighing  
food labels  
apps/ other resources

Healthy eating principles.  
Weight loss.

See overleaf for referral form.

**Please note:** your health data may be used for audit purposes but will not be identifiable.

# Carbohydrate Awareness Referral Form for Type 2 Diabetes

Date of referral: .....

Patient name: .....

Date of birth: ..... Telephone: .....

Address: .....

Current diabetes treatment and doses: .....

Glucometer:  Yes  No

Latest HbA1c: .....

Height: ..... Weight: .....

Where diabetes care received:  GP  
 Diabetes Centre, West Suffolk Hospital  
 Other, please specify: .....

**Send to:** Diabetes Centre  
West Suffolk Hospital  
Hardwick Lane  
Bury St Edmunds  
IP33 2QZ

**Or scan and email:** [wsh-tr.westsuffolksns@nhs.net](mailto:wsh-tr.westsuffolksns@nhs.net)

Alternatively visit <https://mydiabetes.org.uk/> to find and refer onto courses near you.

Any difficulties please phone the Diabetes Centre on 01284 713241.