



# A helpful guide to diabetes checks

This leaflet tells you about some of the checks you need to have



MANCHESTER  
CITY COUNCIL



Manchester Local  
Care Organisation

# Hello and welcome



We want to help you to stay well with diabetes.



Lots of people have diabetes.  
You do not need to feel alone.



We are here to support you.



If you are worried about anything in this leaflet, speak to your doctor or nurse.

# Diabetes checks



When you have diabetes, your doctor or nurse will check things like:



- Your blood and your feet.



- What you eat and drink and what you weigh.



- What medicines you are taking.



These checks help to spot any changes with your diabetes.

This means you can get any treatment or advice you need as soon as possible.

# Having a wee test



This is a really important test. It helps us to spot any changes with your diabetes.



The test is quick and easy to do. There is nothing to worry about.



Your doctor or nurse will give you a pot in a brown paper bag.



You need to wee into the pot then put the lid back on it.



The pot has a sticker on it.  
Write your name on the  
sticker.



Then put the pot into the  
brown paper bag.



You can do your wee test at  
home.



Or you can do it at your local  
doctors.



You must take the pot back  
to your local doctor's surgery  
on the same day you wee in it.



Don't feel uncomfortable or embarrassed giving your pot back.



Your local doctors will keep your pot safe and private.



They will treat you with kindness and respect.



Doing a wee test is a really good way to check your diabetes and keep you well.

## More information



If you have any worries, it is best to speak to your doctor or diabetes nurse.



For help and advice, you can contact the Manchester Local Care Organisation.



They have lots of useful information about staying well with diabetes on their website: **[manchesterlco.org/diabetes-hub/](http://manchesterlco.org/diabetes-hub/)**



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