



When should you stop taking your medications?

How long it will take to come off of any medications you may be taking, especially for Type 2 diabetes, is hard to predict. There are many factors to take into consideration. For instance, some people have had Type 2 diabetes for a much longer period of time than others. Also, everyone leads a different lifestyle in terms of nutritional choices and fitness. This is why it's so important to work with your doctor and let them know that you want to fast. In our resources section, you can find a letter to your doctor, which you can bring to them to help explain what it is that you want to do.