

Diabetes Visit Checklist

You and your healthcare provider are a team in managing your diabetes. The tips below can help you plan for your next visit.

Before every visit

• Write down any problems you have had with your diabetes. _____

• Write down any concerns you want to talk with your provider about. _____

• Bring a list of your medicines. Include any over-the-counter medicines, vitamins, herbs, and supplements you take.

MEDICINE NAME	HOW MUCH I TAKE	WHEN I TAKE IT

At every visit

I will tell my provider:

- About any new symptoms or changes in my health
- How I use my blood sugar meter and how often I use it
- About any times I had high or low blood sugar levels
- About any problems I am having taking care of my diabetes

I will ask my provider to:

- Review my medicines, meal plan, and exercise habits
- Talk with me about my blood sugar records and goals
- Check my weight and blood pressure
- Check my feet
- Other: _____

Before I leave my healthcare provider's office

I will:

- Ask if I should make any changes in my diabetes care
- Ask if I am due for any tests
- Make sure I know how to take care of my diabetes when I am sick
- Ask questions if there is something that I do not understand
- Schedule my next provider visit
- Other: _____

Talk openly with your healthcare provider about any concerns you may have about managing your diabetes.

