



## **DIABETES: PREPARING FOR YOUR PHYSICIAN APPOINTMENT**

### **PATIENT/FAMILY INFORMATION SHEET**

#### **What can I do to prepare for a visit with my physician?**

Arriving well prepared for your office appointment will ensure that your questions are answered and that you get the most out of the visit.

- Write down your health questions and concerns for discussion.
- Include any problems or changes in health that have occurred since the last visit.
- Make a list of all medications (prescribed and over-the-counter), supplements and herbal medicines you currently take including the doses and how often you take them.
- Wear comfortable clothes that are easily taken off.

#### **What should I bring to the visit?**

- Your list of questions.
- Your list of medications, supplements and herbs.
- Your blood glucose log book to review with your doctor.
- Your food diary, if your doctor has requested this.
- Your glucose meter to check its accuracy against the office meter.

#### **What should I expect to happen at each visit?**

At each visit, you will review your diabetes health goals and how closely these goals have been met since your last appointment. In addition to the information you provide, the following measures help your physician evaluate how well you are managing:

- Hemoglobin A1c – is measured every 3 months
- Weight – is measured at each visit
- Blood pressure – is measured at each visit
- Foot exam – is done at each visit.



## **Are there other tests or activities that need to be performed?**

The American Diabetes Association recommends that the following tests be done regularly according to the following schedule:

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<b>Yearly</b>	<ul style="list-style-type: none"><li>✓ Dilated eye exam</li><li>✓ Comprehensive foot exam including a check of circulation and nerve function</li><li>✓ Kidney test which includes:<ul style="list-style-type: none"><li>• urine sample tested for microalbumin (a protein)</li><li>• blood creatinine measurement</li><li>• 24-hour urine test if recommended by your doctor</li></ul></li><li>✓ Blood lipids (fats) measured<ul style="list-style-type: none"><li>• total cholesterol</li><li>• high density lipoprotein (HDL or “good” cholesterol)</li><li>• low-density lipoprotein (LDL or “bad” cholesterol)</li><li>• Triglyceride level</li></ul></li><li>✓ Flu shot</li></ul>
<b>Twice a Year</b>	<ul style="list-style-type: none"><li>✓ Dental exam (at least twice per year)</li></ul>
<b>Other</b>	<ul style="list-style-type: none"><li>✓ Pneumonia shot (as recommended by your physician)</li></ul>

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*For more Patient Education Fact Sheets, see the Greenwich Hospital web site at [www.greenwichhosp.org](http://www.greenwichhosp.org) and click on Patient Education.*