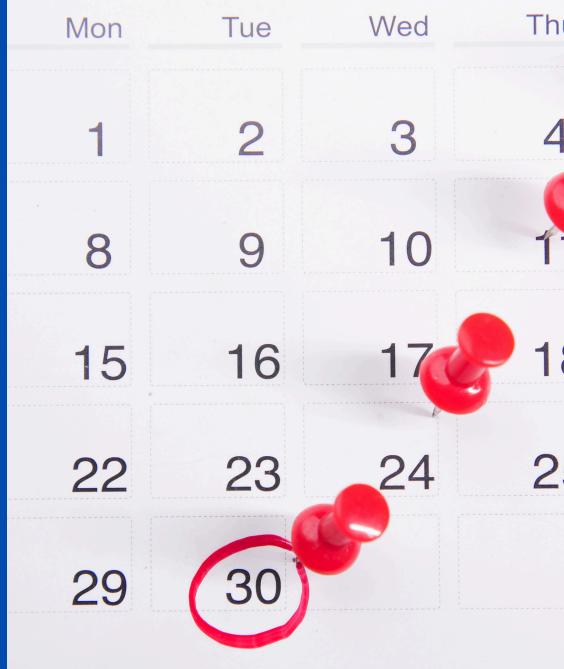


Checklist for Diabetes Appointments



Why preparation matters

Regular diabetes appointments help you stay on track, adjust treatment, and prevent complications. Being prepared ensures your questions are answered, your concerns are addressed, and your care plan is personalized.

Before your appointment

- Bring your glucose records: logbook, app screenshots, or CGM data
- List your medications: doses, timing, and any recent changes
- Track symptoms: note lows, highs, dizziness, or unusual fatigue
- Write down questions: medications, lifestyle tips, or lab results
- Bring lab results: recent blood tests, A1C, or lipid profile if available
- Include family or support person if helpful for reminders or questions

What is the goal?

A well-prepared appointment helps you and your care team make better decisions, track progress, and change your diabetes plan to best meet your needs.

During your appointment

Tips for smoother appointments include keeping organized notes, bringing medication lists, tracking changes in health, preparing questions in advance, and requesting take-home resources.

- Review your blood glucose patterns with your care team
- Discuss medication effectiveness and side effects
- Ask about screenings (eyes, feet, kidneys, blood pressure)
- Share any challenges with diet, exercise, sleep, or stress
- Confirm next steps for labs, referrals, or follow-up visits
- Clarify anything you don't understand; it's okay to ask twice

After your appointment

- Update your personal diabetes action plan
- Set new goals based on provider recommendations
- Schedule the next appointment before leaving the clinic
- Share key takeaways with family, caregivers, or team
- Follow up on lab tests, referrals, or recommended lifestyle changes

Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist