

Get ready for your doctor visit

What to do:

1. Plan to bring these items to every doctor visit:
 - A list of **all** your medicines, even vitamins and those things you take without a prescription.
 - Your log books if you are tracking such things as blood sugars, blood pressures, what you eat or your weight.
 - A list of any lab tests, vaccines (such as a flu shot), and visits with other care givers that you had.
 - Your treatment plan and goals made at your last visit.

*Remember: **You** are the most important member of your diabetes care team. You know yourself best and you live with diabetes every day.*

2. Be ready to say how you are taking care of your diabetes. Be honest about –
 - What foods you eat
 - What physical activity you get
 - How well you take your medicines and follow your care plan
 - How well you are meeting your care goals
 - What changes you are willing and able to make

Why it is important:

Getting ready for your visit is a good way to get the most from the short time you have with your doctor.

Being ready for your visit will help you in making decisions with your doctor so can you get a diabetes care plan that really works for you.



Being honest with your doctor will help him or her know how best to:

- Order tests or make sense of your test results
- Make changes to your care plan
- Set goals you know you can reach
- Encourage you
- Refer you to see another doctor, dietitian, diabetes educator or others if needed

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What to do:

3. Make a list of what to talk about before your visit:
 - What questions you have
 - What problems you face in meeting your goals
 - Any symptoms you are having
4. Be sure to ask questions if you do not know about:
 - What your test results mean
 - What your symptoms mean
 - What each medicine does
 - Why you have the goals that were made
 - What might happen if you do not reach your goals
 - What other services or tests to get and how often
 - How to take your medicines
 - How to get questions answered when they come up
 - How to reach all members of your care team
 - How often to see your doctor and other care givers

If your doctor does not have time to answer all of your questions, ask to see a diabetes educator or someone else on your care team.

5. Make sure you really know what your doctor says:
 - Make notes to yourself
 - Have a family member or friend listen with you
 - Repeat back what you heard

Why it is important:

Bring the list with you and check things off to be sure that every item gets covered and all your questions get answered.

Asking questions will help you to better understand your diabetes and make good decisions about how to take care of yourself day by day. Diabetes care is complicated. Asking questions is the smart thing to do and shows that you care.

Generally, at least once a year you should:

- Get a flu shot
- Get a dilated eye exam
- See a dentist
- Get a foot exam
- Have A1C, blood pressure and cholesterol levels tested
- Have your kidneys tested
- Visit with a diabetes educator



Repeating back what you just heard from your doctor is the best way to be sure you got it right. This tells your doctor that you were paying attention and understand everything you both talked about.