

A Diabetes Checklist For Your Doctor Visit

The following chart lists the medical tests and exams that should be part of your regular office visits. It includes why each test is given, what the results should be and how often the test is typically needed. Use this checklist as a tool to communicate with your doctor and to make sure you are receiving recommended care for your diabetes.

Medical Test/ Examination	Why the Test is Given	Goals for Living Well With Diabetes*	MY TEST RESULTS	MY GOALS	How Often the Test is Typically Needed
<input type="checkbox"/> Blood Sugar (A1C)	To evaluate how well your diabetes treatment plan is working as it measures the average of all blood sugars over 2-3 months	Below 8%			Every 3-6 months
<input type="checkbox"/> Blood Pressure	Determines if medication is needed to control blood pressure and reduce risks of high blood pressure to the heart, eyes, kidneys and nerves	Less than 140/90mmHg			Every doctor visit
<input type="checkbox"/> Cholesterol Control (LDL-Bad Cholesterol)	Determines if medication is needed to lower cholesterol and reduce the risk of heart attack and stroke	LDL is less than 100 mg/dL			Once a year
<input type="checkbox"/> Kidney Function Test (Urine Test)	Determines if medication is needed to prevent kidney damage or kidney failure that could lead to dialysis (treatment that replaces kidney function)	Less than 30 mg/24 hours			Once a year
<input type="checkbox"/> Referral for a Comprehensive Dilated Eye Exam	Determines if there is diabetes-related damage to the eyes	Normal Eye Exam with no evidence of diabetic retinopathy			Once a year
<input type="checkbox"/> Foot Exam	Identifies high risk foot conditions and determines if loss of feeling exists in the feet that may lead to injury or infection	Normal protective sensation or feeling			Every doctor visit
<input type="checkbox"/> Smoking Status and Stop Smoking Advice	Because smoking increases the rate at which complications from diabetes will occur	Stop smoking			Review at every doctor visit
<input type="checkbox"/> Take aspirin daily as recommended	Aspirin reduces the ability of blood to clot and may decrease the chance of heart attack and stroke in some patients that are at increased risk related to diabetes, personal medical and family history.	You and your doctor can decide if this is right for you			Review at every doctor visit

* Your doctor may recommend lower numbers for your individual A1C and blood pressure.