Getting the Most Out of Your Doctor’s Appointment

PLAN. Before Your Visit:

☐ Learn all you can about diabetes and your treatment.

☐ Write down any questions you have for your diabetes care team.

☐ Write down any symptoms you are having, your blood glucose readings (if you are checking), all your medicine (including vitamins and herbs), any foods you eat, and any exercise you do.

☐ Bring a pen and paper to take notes (and reading glasses if you wear them).

☐ Ask a family member or friend to come with you to the appointment to help you remember everything the doctor tells you.

ASK. During Your Visit:

☐ Be honest with your doctor and ask any questions you have about your health.

☐ Ask questions if you don’t understand what your doctor says. Make sure you understand any instructions.

☐ Write down what you talk about so when you get home, you remember what your doctor said.

☐ Ask for resources and sources where you can get more information (such as a website or printed information).

☐ Ask for referrals if you need them. You may want to try a diabetes education program: Find one near you by calling 1-800-DIABETES (800-342-2383). You may also want to visit a dietitian, fitness expert, therapist/counselor, or support group.

☐ Set a goal with your doctor and decide what you want to work on before your next appointment.