

# Diabetes: The Recipe for a Good Doctor's Visit

This isn't a traditional food recipe. But it's a good one to follow before, during and after the next time you meet with your doctor about your diabetes.

## Ingredients

- 1 well-working pen or pencil
- 1 notebook
- 3 lists (medicines/vitamins, allergies, questions/concerns)
- 1 blood glucose record book
- 1 pair of comfortable, easy-to-remove shoes
- 1 pair of comfortable, easy-to-remove stockings
- 1 folder
- 1 appointment book

## Before the Appointment

1. List all medicines you take. Note how much you take (dose) and how often. The list should include prescription and over-the-counter medicines, including low dose aspirin, vitamins or supplements.
2. List any allergies you have.
3. List any questions or concerns about your medical or emotional care you want to talk about.

## During the Appointment

1. Give your three lists (medicines, allergies, questions) to the nurse to give to the doctor. If you don't have a medicine wallet card, ask for doctor for one.



2. Remove your shoes while waiting for the doctor in the exam room.
3. Remove your socks when the doctor arrives. This will remind him or her to check your feet.
4. Go over the three lists and your blood glucose record book with your doctor.
5. Write down answers to questions or concerns in your notebook.
6. Ask for lab results and talk about any related questions or concerns.

## After the Appointment

1. Write down what your doctor has told you to do.
2. Put lab results in a folder and chart progress.
3. Schedule a follow-up appointment for any items that you and your doctor want to talk more about.

### Know Your ABCs

#### A is for A1c

This is a blood test that reflects average blood glucose level over the past two or three months. You should have this test at least twice a year. Aim for an A1c level of 7 percent or less.

#### B is for blood pressure

You can lower your risk for heart disease by lowering your blood pressure to 139/89 or less. Have your blood pressure checked every time you see your doctor.

#### C is for cholesterol

You should take a statin medicine to protect your arteries and reduce your risk of heart disease.



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