

A Checklist for Your Doctor Visit

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

✓	Medical Test/ Examination	Why the Test is Given	What the Test Result Should Be**	Your Test Results	How Often the test Is Typically Needed
	A1C	Shows how well your diabetes treatment plan has been working over the past 2-3 months	Below 7		Every 3-6 months
	Blood Pressure	Shows if you need medicine to control blood pressure and lower the risks that high blood pressure has on your heart, eyes, kidneys, and nerves	Less than 130/80mmHg		Every doctor visit
	Cholesterol	Shows if you need medicine to lower your LDL – also called “bad” - cholesterol and reduce your risk of heart attack and stroke	LDL is less than 100mg/dL		Once a year
	Kidney Function (Urine Test)	Shows if you need medicine to prevent kidney damage or kidney failure, which could lead to dialysis	Less than 30 mg/24 hours		Once a year
	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

	Foot Exam	Identifies high risk foot conditions and whether you have loss of feeling in your feet, which may lead to injury or infection	Normal protective sensation or feeling.		Every doctor visit
	Smoking Status and Stop Smoking Advice	Smoking increases the rate at which problems from diabetes will occur.	Stop smoking.		Review at every doctor visit

* American Diabetes Association

** (ADA-Recommended Goal)

As new treatments and research become available, best practice guidelines may change. It is important for you to know the current best practices and medical standards to most effectively treat your diabetes. Ask your doctor about them - to be sure that you get the right care at the right time.