

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	To evaluate how well your diabetes treatment plan is working as it measures the average of all blood sugars over 2-3 months.	Below 7		Every 3-6 months
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 130/80mmHg		Every doctor visit
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 100mg/dL		Once a year
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
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 determines if loss of feeling exists in the feet that may lead to injury or infection.	Normal protective sensation or feeling.		Every doctor visit
	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

As new treatments and research become available, best practice guidelines may change. That's why it's important for you to know the current best practices and medical standards to most effectively treat your diabetes – and ask your doctor about them – to be sure that you get the right care at the right time.

*American Diabetes Association

** (ADA-Recommended Goal)