

Your Diabetes Care Records

Make copies of the charts in this section. These charts list important things you should discuss with your doctor at each visit.

Things to Discuss with Your Health Care Team at Each Visit

Date: _____

Whom you visited: _____

Your information	Things to remember	Check off what you covered, or write the result of your visit.
Your blood glucose levels	<ul style="list-style-type: none"> • Share your blood glucose records. Your doctor will ask how you are checking your blood glucose levels to make sure you are doing it right. • Mention if you often have low or high blood glucose. 	<input type="checkbox"/> Shared blood glucose records? <input type="checkbox"/> Checked meter? <input type="checkbox"/> Practiced blood glucose reading? <input type="checkbox"/> Shared high or low blood glucose?
Your weight	<ul style="list-style-type: none"> • Talk about how much you should weigh. • Talk about ways to reach your target weight that will work for you. 	<input type="checkbox"/> My weight now is _____. <input type="checkbox"/> My target weight is _____. <input type="checkbox"/> Steps to take:

Your information	Things to remember	Check off what you covered, or write the result of your visit.
Your blood pressure	<ul style="list-style-type: none"> • Ask about ways to reach your target. • The target for most people with diabetes is below 140/80 unless your doctor helps you set a different target. 	<ul style="list-style-type: none"> <input type="checkbox"/> My blood pressure now is _____. <input type="checkbox"/> My target blood pressure is _____. <input type="checkbox"/> Steps to take:
Your medicines	<ul style="list-style-type: none"> • Talk about any problems you have had with your medicines. • Ask if you should take a low-dose aspirin every day to lower your chance of getting heart disease. 	<ul style="list-style-type: none"> <input type="checkbox"/> Shared medicine problems? <input type="checkbox"/> Take aspirin? Yes ____ No ____ <input type="checkbox"/> Steps to take:
Your feet	<ul style="list-style-type: none"> • Ask to have your feet checked for problems. • Talk about any problems you are having with your feet, such as numbness, tingling, or sores that heal slowly. 	<ul style="list-style-type: none"> <input type="checkbox"/> Checked feet? <input type="checkbox"/> Shared problems? <input type="checkbox"/> Steps to help with my feet:
Your physical activity plan	<ul style="list-style-type: none"> • Talk about how often you are physically active, the type of physical activity you do, and any problems you have when being physically active. 	<ul style="list-style-type: none"> <input type="checkbox"/> Shared activities? <input type="checkbox"/> Steps to take:

Your information	Things to remember	Check off what you covered, or write the result of your visit.
Your healthy eating plan	<ul style="list-style-type: none"> • Talk about what you eat, how much you eat, and when you eat. 	<ul style="list-style-type: none"> <input type="checkbox"/> Shared eating habits? <input type="checkbox"/> Steps to take:
Your feelings	<ul style="list-style-type: none"> • If you feel stressed, ask about ways to cope. • Talk about whether you are feeling sad. 	<ul style="list-style-type: none"> <input type="checkbox"/> Shared stress and problems? <input type="checkbox"/> Steps to take:
Your smoking	<ul style="list-style-type: none"> • If you smoke, ask for help with quitting. 	<ul style="list-style-type: none"> <input type="checkbox"/> Shared smoking habits? <input type="checkbox"/> Steps to take:

This chart lists important tests, exams, and vaccines to get at least once or twice a year.

Tests, Exams, and Vaccines to Get at Least Once or Twice a Year

Test	Instructions	Results or Dates
A1C test	<ul style="list-style-type: none"> • Have this blood test at least twice a year. Your result will tell you what your average blood glucose level was for the past 2 to 3 months. 	Date: _____ A1C: _____ Next test: _____
Blood lipid (fats) lab tests	<ul style="list-style-type: none"> • Get a blood test to check your <ul style="list-style-type: none"> – total cholesterol—aim for below 200 – LDL, or bad, cholesterol—aim for below 100 – HDL, or good, cholesterol—men: aim for above 40; women: aim for above 50 – triglycerides—aim for below 150 	Date: _____ Total cholesterol: _____ LDL: _____ HDL: _____ Triglycerides: _____ Next test: _____
Kidney function tests	<ul style="list-style-type: none"> • Once a year, get a urine test to check for protein. • At least once a year, get a blood test to check for creatinine. 	Date: _____ Urine protein: _____ Creatinine: _____ Next test: _____

Test	Instructions	Results or Dates
Dilated eye exam	<ul style="list-style-type: none"> • See an eye doctor once a year for a complete eye exam that includes using drops in your eyes to dilate your pupils. • If you are pregnant, have a complete eye exam in your first 3 months of pregnancy. Have another complete eye exam 1 year after your baby is born. 	Date: _____ Result: _____ Next test: _____
Dental exam	<ul style="list-style-type: none"> • See your dentist twice a year for a cleaning and checkup. 	Date: _____ Result: _____ Next test: _____
Pneumonia vaccine (recommended by the Centers for Disease Control and Prevention [CDC])	<ul style="list-style-type: none"> • Get the vaccine if you are younger than 64. • If you're older than 64 and your shot was more than 5 years ago, get another vaccine. 	Date received: _____

Test	Instructions	Results or Dates
Flu vaccine (recommended by the CDC)	<ul style="list-style-type: none"> • Get a flu shot each year. 	Date received: _____ _____
Hepatitis B vaccine (recommended by the CDC)	<ul style="list-style-type: none"> • Get this vaccine if you are age 19 to 59 and have not had this vaccine. • Consider getting this vaccine if you are 60 or older and have not had this vaccine. 	Date of 1st dose: _____ Date of 2nd dose: _____ Date of 3rd dose: _____

Daily Diabetes Record Page					Week Starting _____					
	Other blood glucose	Breakfast blood glucose	Medicine	Lunch blood glucose	Medicine	Dinner blood glucose	Medicine	Bedtime blood glucose	Medicine	Notes: (Special events, sick days, exercise)
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

You can also find a food and activity tracker at www.ndep.nih.gov.