

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Type 2 Diabetes

Symptoms I am experiencing:

Circle all that apply

- Excess thirst
- Increased hunger (even after eating)
- Frequent urination
- Dry mouth
- Gaining or losing weight without trying
- Dark skin under armpits, chin or groin
- Persistent fatigue
- Numbness in hands and feet
- Wounds not healing quickly
- Frequent yeast infections
- Blurry vision
- Skin changes
- Depression
- Sexual dysfunction
- Tooth/mouth pain
- Muscle pain
- Nausea

Frequency Of Symptoms

Write symptom + frequency you experience it

Empty rectangular box for writing symptom frequency.

I have treated/managed symptoms by the following:

Explain any medications you have used, lifestyle treatments, natural remedies

Empty rectangular box for writing treatments and remedies.

Other Medications I Am Currently Taken Not Related To Type 2 Diabetes:

List them here

Family History:

List any family members/relatives who have had type 2 diabetes

Questions I Have For The Doctor:

Question, Notes

Does diabetes mean I have a higher risk for other medical problems?

What tests will you run to confirm I have type 2 diabetes?

How often should I test my blood sugar?

What dietary recommendations do you have for me?

Do I have to stop eating my favorite foods?

What foods are the most harmful?

What exercise routine do you recommend for me?

How much weight would I need to lose to see improvement of symptoms?

Should I start seeing other doctors regularly, such as eye and foot doctors?

What are my treatment options? Can you explain the benefits/risks to each one?

Can you explain in depth how to use my medications?

What if I miss a dose?

Which do you think will be most effective in my case?

Are my children more at risk since I've been diagnosed?

Do I need to take medications even on days I feel fine?

How often should I check my feet, how do I check them?

What types of shoes/socks should I wear?

If I start a new exercise routine, what precautionary steps should I take to reduce chance of my symptoms flaring up?

How do I manage my blood sugar levels properly during exercise?

What vaccinations do I need to stay up-to-date on?

How should I take care of my diabetes when I travel?

Should I keep glucagen at home?

Do I need a medical alert bracelet?

