



My Doctor Visits— How Can I Get Ready?

Prepare before you go to the doctor's office. Check off the statements that apply to you and discuss with your doctor.

Since my last visit:

- I have taken my medicine(s) as directed every day.

- I have stopped or changed how I take my medicine.

- My medicines have caused side effects that bother me.

- I have checked my blood sugar as directed.

- My blood sugar has been in my target range.

- I have checked my feet every day.

- I have felt sick some days due to diabetes.

- I have felt "sad" or "hopeless" much of the time.

- I have made progress on my goals for managing diabetes.