

# Getting the Most from Your Doctor's Visit

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## Routine Physician Visits are Important

- It is recommended that you see this doctor routinely as she/he recommends but at least once a year.
- Don't wait until you are very ill or out of medications to call the doctor!

When you have diabetes, you need a doctor to help you control your blood sugars. If you are a diabetic, it is recommended that you have a retinal and podiatrist exam at least once a year. Improved blood sugar control will help reduce your risk of damage to your heart, blood vessels, hands, feet, eyes, teeth and gums.

## Before Your Visit:

- Make a list of any complaints, questions and concerns, and bring it to your appointment.
- Make a list of the medications, vitamins, herbs and any over-the-counter medicines you are taking, and bring the bottles to show to your doctor.
- Bring a record of your recent home blood sugar numbers and/or bring in your blood glucose meter.
- Bring your blood pressure readings, if available.
- Ask the nurse or dietitian at your dialysis center for a copy of your most recent lab report.
- When making your appointment, write down what the nurse says you will need to bring in, ask about costs and what to expect at the appointment.

## During Your Visit - Things to Discuss with Your Doctor:

- Your dietary, exercise, smoking, alcohol, leisure and sleep habits
- Work and/or home stress - family/relationship problems
- Health improvements that you'd like to make
- Any symptoms and/or concerns
- Your personal and family medical history
- Medications, test strips and lancets. Do you need refills? Will any changes be made?
- Which specialists you are seeing and why
- What you're supposed to do next and when is your next appointment is

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