

Diabetes care checklist

Keep track of your diabetes treatment

This checklist can help you keep track of your care and treatment. Review it with your doctor at each office visit.

Quarterly visits and tests	Year 1				Year 2				Year 3			
(These tests are typically done 2 – 4 times a year)	qtr1	qtr2	qtr3	qtr4	qtr1	qtr2	qtr3	qtr4	qtr1	qtr2	qtr3	qtr4
Hemoglobin A1c (Goal is less than 7% ¹)	date											
	result											
Blood pressure (Goal is less than 130/80 ¹)												
Review medications												
Weight (every visit)												
Annual visits and tests	Year 1		Year 2		Year 3							
(These tests are typically done once a year)	date	result	date	result	date	result						
Dilated eye exam												
Kidney tests:												
• Urine Proteins (Microalbumin)												
• Serum Creatinine (in adults)												
Cholesterol and lipid tests (for patients with or at risk for heart disease):												
• Total (Goal is less than 200 mg/dl)												
• LDL (Goal is less than 100 mg/dl)												
• HDL (Goal is 60 mg/dl or above)												
• Triglycerides (Goal is below 150 mg/dl)												
• Total (Goal is less than 4.0 mmol/l or 25% overall reduction)												
• LDL (Goal is less than 2.0 mmol/l or 30% reduction)												
Other annual visits and tests	Year 1		Year 2		Year 3							
	date	result	date	result	date	result						
Dental checkup (2x/year)²												
Foot exam												
Immunizations:												
• Flu vaccine												
• Pneumonia vaccine												

Note: Metrics may be expressed in different units and may differ depending on the prescribed treatment plan by your doctor. Consult with your doctor on the frequency of your visits, recommended immunizations visits and tests conducted.

¹Goals and recommendations are based on the National Institute for Health and Clinical Excellence (NICE) and Department of Health guidelines.

²Based on information at the American Diabetes Association Oral Health & Oral Hygiene web page. Accessed 28 February 2013 at <http://www.diabetes.org/living-with-diabetes/treatment-and-care/oral-health-and-hygiene>.



Diabetes recommended screenings¹

Glycosylated Hemoglobin or Hemoglobin A1c:

This is a blood test that measures the average blood glucose level over the past 2 – 3 months. This test is an important way to tell if your diabetes is under control. The goal is less than 6.5 percent.

Urine Microalbumin:

This simple urine test screens for tiny amounts of albumin (protein) in the urine that may be early signs of kidney disease.

Serum Creatinine:

This blood test tells how well your kidneys are functioning.

Dilated Retinal Exam:

Diabetes is a leading cause of blindness due to its effects on the retina, the back portion of the eye. An annual dilated eye examination by an ophthalmologist or optometrist promotes early detection and treatment. A dilated eye exam is different than a routine eye exam (for eyeglasses) because the eye doctor uses special equipment and medications to examine the blood vessels in your eyes.

LDL Cholesterol Screening:

This blood test measures the level of low-density lipoprotein (LDL), the so-called “bad cholesterol” in the blood. High LDL levels can lead to heart disease. This annual blood test helps your doctor to watch your cholesterol level, and prescribe medication or lifestyle changes as necessary. The goal is less than 100 mg/dl.

Foot Exam:

People with diabetes sometimes experience circulatory problems, particularly in their arms and legs. Minor ulcers in the feet can develop and grow into major medical problems requiring surgery. Having your doctor examine your feet during every routine office visit can help prevent serious problems from developing.

Dental Check-up:

If you have diabetes, you have a much greater risk of developing gum disease and losing your teeth. Poor blood glucose control makes gum problems more likely. It's important to have regular dental check-ups at least twice a year to help avoid serious problems.¹ If you fall into any of these categories, it's important that you talk with your doctor.

Take charge of your diabetes — get on the path to a healthier you today.

¹Goals and recommendations are based on the National Institute for Health and Clinical Excellence (NICE) and Department of Health guidelines. Important note: This checklist has been compiled for your convenience only. You should consult your doctor for the advice and care appropriate for your specific medical needs.

Source: National Institute for Health and Clinical Excellence (NICE) <https://www.nice.org.uk/guidance/ng17>. 1 July 2016

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