



Diabetes Care Plan

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Your Plan

Your name: _____

Date: _____

You can make the most of your office visit by having this form with you when you talk with your doctor.

What to bring to every appointment

- Your blood sugar log.
- A list of all your medicines, vitamins, supplements, and herbal remedies.
- Other test results, if available.
- Your questions.

Today's measurements

Measure	Suggested target	Today's result
Weight	lbs.	lbs.
Blood Pressure	_____ / _____	_____ / _____

Home blood glucose testing

Keeping your blood sugar in your target range can help prevent damage to your body. It also helps you prevent low blood sugar by letting you know when you need extra carbohydrates.

Time of day	Target range	Your goal
After waking and before eating.	80–130 mg/dL	mg/dL
2 hours after a meal.	Less than 180 mg/dL	mg/dL
Another time of day:	mg/dL	mg/dL
Other:	mg/dL	mg/dL
Other:	mg/dL	mg/dL
Call your doctor if your blood sugar is below _____ mg/dL or above _____ mg/dL.		

Your test results

Seeing your doctor and having certain tests on a regular schedule can help you watch for and avoid many of the problems caused by diabetes. These are some tests you may need.

Test	What it shows	Guideline range	Your result
A1c	How steady your blood sugar levels have been over time.	Less than 7% for most men and for most women who are not pregnant	_____%
Cholesterol	The amount and type of fat in the blood.	mg/dL	mg/dL
Albumin-creatinine ratio	Whether kidney disease is developing.	Less than 30 mg/g	mg/g
Blood creatinine		Greater than 90 mL/min	mL/min
Other:			

Your foot exam results

Over time, high blood sugar can damage the nerves and blood vessels in your feet. Check your feet every day to help keep them healthy. Ask your doctor to do a foot exam at every visit.

Upcoming tests/Tests to schedule

It's important to stay up to date with all your tests. These may include an eye exam, a foot exam, a dental exam, a liver function blood test, and a cholesterol test. Talk with your doctor about which tests you need and when you should have them.

Test	How often	Date
Complete eye exam	Once a year. If you don't have any signs of diabetic retinopathy, your doctor may recommend an exam every 2 years.	
Complete foot exam	Once a year	
Dental exam and cleaning	Every 6 months	
Liver function blood test	Once a year	
Other:		

Your questions and notes

Be sure to get answers to your questions. Write them here and discuss them with your doctor.

Questions	Notes
How often should I check my blood sugar?	
What should I do if my blood sugar level is too low?	
What should I do if my blood sugar level is too high?	

Related Information

- Type 1 Diabetes
- Type 2 Diabetes

Credits

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