

## Before my diabetes visit card



I am seeing .....

(name of the health professional)

Choose which health professional you are seeing:



doctor/nurse  
practitioner



exercise  
physiologist



credentialed  
diabetes educator  
(usually called a 'CDE')



nurse



dietitian



pharmacist



podiatrist



optometrist/  
ophthalmologist



psychologist/  
social worker



other



on .....

(date & time)

at .....

(name of service)



Who is going to the appointment?

I'm going by myself

I'm going with: (name/s)

.....  
.....



### Why am I going to see this health professional?

- I don't know
- My regular check-up
- My first appointment
- My follow-up appointment



### Is there something I must do before my diabetes visit?

- Yes
- No

#### If yes, I was asked to:

.....

.....

.....

.....

.....



### Have I done this yet?

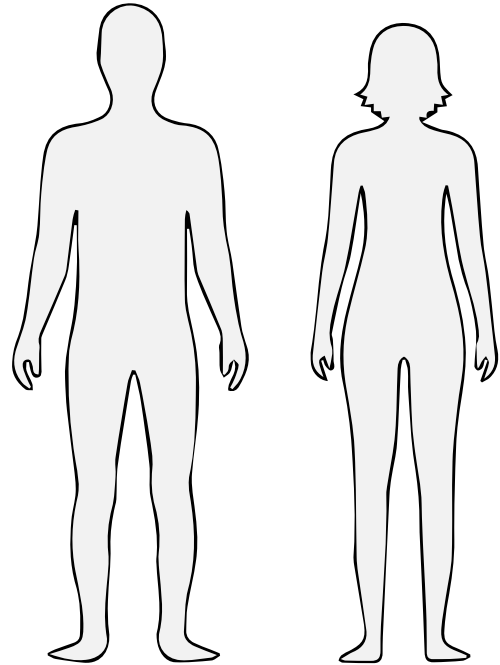
- Yes
- No

If no, arrange to get these things done before your visit.



## Choose the parts of the body you want to tell your health professional about

- eyes
- heart
- kidneys
- arms
- hands
- legs
- feet
- skin
- genitals
- other.....



## Choose how you feel...

- |                   |                |
|-------------------|----------------|
| tired             | itchy          |
| thirsty           | tingly         |
| sad or teary      | confused       |
| like weeing a lot | hungry         |
| pain              | sick or unwell |
| numb              | other.....     |



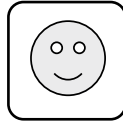
## When my diabetes numbers are high

I feel...

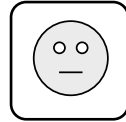
Choose one of the faces



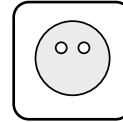
Happy



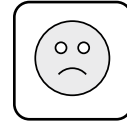
Okay



Not sure



Scared



Sad



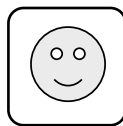
## When my diabetes numbers are low

I feel...

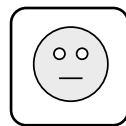
Choose one of the faces



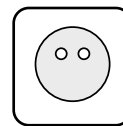
Happy



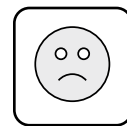
Okay



Not sure



Scared



Sad

## My diabetes makes me feel

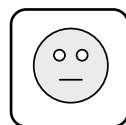
Choose one of the faces



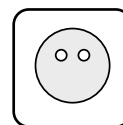
Happy



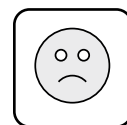
Okay



Not sure



Scared



Sad



## Questions I want to ask my health professional

1. ....  
.....  
.....
2. ....  
.....  
.....
3. ....  
.....  
.....
4. ....  
.....  
.....



## Answers to my questions (health professional to fill in)

1. ....  
.....  
.....
2. ....  
.....  
.....
3. ....  
.....  
.....
4. ....  
.....  
.....



## What to take to your diabetes visit

It is important to take your diabetes information to your diabetes visit. This helps the health professionals understand how they can help you with your diabetes.

Below you will find a list some of items you may need to take with you.

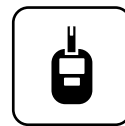
## Choose the items you will take to your diabetes visit



Diary/calendar



Diabetes  
visit cards



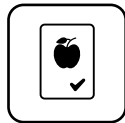
Blood glucose  
meter, test strips,  
finger pricking  
device



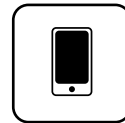
Blood glucose  
numbers



Medications/list  
of medications



Food record



Tablet, phone,  
earphones



A book or  
activities to do  
while waiting