

Diabetes Checklist

A checklist for daily and periodic diabetes self-management, from monitoring and meals to foot, eye, and dental care.

Daily Monitoring

- Check blood sugar as directed by your care team
 - Record readings with the date and time
 - Note patterns and anything unusual
 - Take medicines exactly as prescribed
 - Keep monitoring supplies stocked and ready
- Follow the monitoring schedule your doctor sets for you

Meals and Activity

- Follow the balanced meal plan from your care team
 - Watch portion sizes and carbohydrate balance
 - Stay hydrated with water through the day
 - Be physically active as your doctor advises
 - Keep a quick source of sugar handy for lows
- Ask your care team about handling low blood sugar

Foot, Eye and Dental Care

- Check your feet daily for cuts, blisters, or changes
- Wash and dry your feet and wear well-fitting shoes
- Keep up regular eye exams as recommended
- Maintain regular dental visits and good oral care
- Report any sores or changes to your doctor promptly

Appointments and Lab Work

- Keep regular appointments with your care team
- Ask about your A1C and target at your visits
- Schedule periodic blood and kidney tests as advised
- Review blood pressure and cholesterol with your doctor
- Bring your monitoring log to every appointment

Supplies and Emergencies

- Keep enough medicine and monitoring supplies on hand
 - Refill prescriptions before they run out
 - Carry identification noting you have diabetes
 - Know the signs of high and low blood sugar
 - Have a plan for sick days and emergencies
- For severe symptoms, call your local emergency number

Important

- This checklist is general information only and is not medical advice; diabetes care is highly individual, so follow the plan, targets, and medicines set by your doctor and care team
- Ask your doctor about your numbers and any changes before making them