

GETTING THE MOST OUT OF YOUR CLINIC APPOINTMENT

In preparation for your visit to the Diabetes Clinic, we have created this checklist which will help you get the most out of your clinic appointment.

- Have lab work done at least 2 days before the visit. You can save time by booking an appointment online with [Calgary Lab Services](#).
- If a **glucose meter check** has been ordered, to ensure an accurate lab to meter comparison:
 - ✓ be sure your child has not had any carbohydrate or sugar containing foods to eat or drink for at least 2 hours before doing the test.
 - ✓ wash the hands with soap and water and dry thoroughly before “poking” the finger.
 - ✓ your child’s meter is meant to be used with blood from the fingertip. (The lab technician should not offer you blood that has been obtained from the vein.)
 - ✓ the meter test should be done right after the blood sample has been taken from the vein.
 - ✓ if you are testing more than one meter, make sure you have a method of identifying each one. (For example: home and school meter or old and new meter.)
- Bring an up-to-date log book to your appointment.
- If you are using a meter with software, download the meter and bring a printout of recent blood sugar readings.
- Remember to review the blood sugars, high lighting numbers that are above and below target.
- Bring a list of questions including those related to insulin dose adjustments.

Insulin pump users:

- Keep a paper record of blood sugar results for 1 to 2 weeks before your appointment.
- Download the pump and print reports and bring them with you. For information on what reports to print, please see “Pump Software Reports”