Diabetes Appointment Planner

Bring your symptoms, results and questions together.

Appointment date and care team

Main reason for this visit

Symptoms, when they began and how they have changed

Medicines and supplements, with doses and recent changes

Relevant health history or family history

Questions to ask

Which test is appropriate for me? Does my result need confirmation?

What do my results mean, and when should I follow up?

Which symptoms should prompt a call or urgent care?

My own questions or concerns

Use your care team’s instructions for testing and treatment.

Results & Follow-up

Record results as reported, including the units.

Use readings you already have or monitoring your care team recommends.

Date / time	Test or device	Result and unit	Context (e.g. fasting)

What we agreed to do next

Next test or follow-up date

Who to contact with questions

Instructions from my care team

This worksheet is for recording information to discuss with your care team.