

# Doctor Visit Preparation Checklist

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## Your Complete Guide to a Productive Doctor Appointment

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*Make every minute count with your healthcare provider*

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### Why This Checklist Matters

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A typical doctor visit lasts only 10-15 minutes. Being prepared helps you:

- Get answers to ALL your questions
  - Avoid forgetting important symptoms
  - Request the right tests
  - Leave with a clear action plan
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### 1 Week Before Your Appointment

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#### Health Journal to Prepare

- Record blood sugar readings (fasting & post-meal) daily
- Note any new or worsening symptoms
- Track your meals and portion sizes
- Log your physical activity

- Record your sleep patterns
- Note any medication side effects

## Documents to Gather

- Previous lab reports (last 3-6 months)
  - List of ALL current medications (name, dose, frequency)
  - Any supplements or Ayurvedic remedies you take
  - Previous prescription copies
  - Health insurance card/documents
  - Referral letter (if needed)
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## 3 Days Before Your Appointment

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### Write Your Questions List

#### About Your Blood Sugar:

- "What should my target fasting blood sugar be?"
- "Is my HbA1c in a healthy range?"
- "Should I adjust my medication timing?"
- "Are my post-meal spikes too high?"

#### About Medications:

- "Are there any side effects I should watch for?"
- "Can I switch to a more affordable alternative?"
- "Should I continue this medication?"
- "How do my medications interact with each other?"

#### About Lifestyle:

- "What foods should I completely avoid?"
- "How much exercise is safe for me?"

- "Should I see a dietitian?"
- "Are there specific Indian foods that help?"

#### About Complications:

- "How often should I check my eyes/kidneys/feet?"
  - "What warning signs should I watch for?"
  - "Do I need any additional tests?"
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## The Night Before

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### Final Preparations

- Pack all documents in a folder
- Charge your phone (for notes/photos)
- Write down your #1 most important question
- Set alarm for appointment time
- Plan your route and parking

### If Fasting is Required

- Confirm fasting requirements (usually 8-12 hours)
  - Stop eating after dinner (note the time: \_\_\_\_\_)
  - Plain water is usually okay (confirm with clinic)
  - Don't skip medications unless doctor advised
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## Morning of Appointment

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### What to Bring

- Health documents folder
- Questions list (printed or on phone)
- Pen and notepad
- Your glucose meter (if you use one)
- Phone charger
- Water bottle
- Snack for after fasting tests
- Comfortable footwear (for foot exam)

## What to Wear

- Loose sleeves (for blood pressure check)
  - Easy-to-remove footwear (for foot examination)
  - Comfortable, layered clothing
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## During Your Appointment

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### Vital Signs to Request (if not taken)

- Blood pressure
- Weight
- Pulse rate
- Temperature (if feeling unwell)

## Tests to Discuss

### Routine Tests (Every 3 Months):

- HbA1c (3-month blood sugar average)
- Fasting blood glucose
- Post-prandial blood glucose

### Annual Tests:

- Complete lipid profile (cholesterol)
- Kidney function (creatinine, urea)
- Liver function tests
- Urine microalbumin (kidney health)
- Complete blood count
- Vitamin B12 and D levels
- Thyroid function (TSH)

#### **Eye & Foot Exams:**

- Dilated eye exam (annually)
  - Foot examination (check sensation)
  - Dental check-up
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## **Symptoms to Report**

#### **Don't Forget to Mention:**

##### **Blood Sugar Symptoms:**

- Frequent low blood sugar (hypoglycemia) episodes
- Excessive thirst or urination
- Unexplained weight changes
- Persistent fatigue

##### **Possible Complication Signs:**

- Vision changes (blurry, floaters)
- Numbness or tingling in hands/feet
- Slow-healing cuts or wounds
- Frequent infections
- Chest pain or shortness of breath
- Swelling in feet or ankles

##### **General Health:**

- Sleep problems
  - Mood changes, stress, or anxiety
  - Digestive issues
  - Sexual health concerns
  - Any new symptoms since last visit
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## Questions to Ask Before Leaving

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### Clarify Everything:

- "What is my diagnosis/current status?"
- "What changes should I make to my treatment?"
- "When should I take my new medications?"
- "What side effects should I watch for?"
- "When do I need to come back?"
- "What warning signs mean I should call immediately?"
- "Can I get written instructions?"

### Get Copies:

- Request copy of today's prescriptions
  - Ask for lab test orders
  - Get referral letters if needed
  - Request doctor's contact for emergencies
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## After Your Appointment

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### Same Day:

- Fill prescriptions
- Schedule follow-up appointment
- Schedule any tests ordered
- Review and organize notes

## Within 1 Week:

- Complete any tests ordered
  - Start new medications as directed
  - Update your medication list
  - Share updates with family/caregivers
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## My Medical Summary Card

Fill this out and keep it in your wallet:

Name: \_\_\_\_\_

Blood Type: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

### CONDITIONS:

- Type 2 Diabetes     Hypertension  
 Heart Disease     Kidney Issues  
 Other: \_\_\_\_\_

### ALLERGIES:

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### CURRENT MEDICATIONS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4. \_\_\_\_\_

DOCTOR: \_\_\_\_\_

PHONE: \_\_\_\_\_



## When to Contact Your Doctor Immediately

Call your doctor or go to emergency if you experience:

- ⚠️ **Blood sugar below 70 mg/dL** that doesn't improve with treatment
- ⚠️ **Blood sugar above 300 mg/dL** with symptoms
- ⚠️ **Chest pain** or difficulty breathing
- ⚠️ **Sudden vision loss** or severe eye pain
- ⚠️ **Signs of infection** (fever, red/swollen wounds)
- ⚠️ **Confusion** or altered consciousness
- ⚠️ **Severe vomiting** or inability to keep fluids down



## Resources

More from Health Gheware:

- 🌐 Website: [health.gheware.com](http://health.gheware.com)
- 📺 YouTube: [@health\\_gheware](https://www.youtube.com/@health_gheware)
- 📖 Blog: [health.gheware.com/blog](http://health.gheware.com/blog)

Download more free guides:

- 7-Day Indian Diabetes Meal Plan
- Blood Sugar Tracking Journal
- Diabetes-Friendly Recipe Book

 \*\*Pro Tip:\*\* Take a photo of this checklist on your phone so you always have it handy for appointments!

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**Disclaimer:** This checklist is for educational purposes only and is not a substitute for professional medical advice. Always consult your doctor for personalized health recommendations.

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