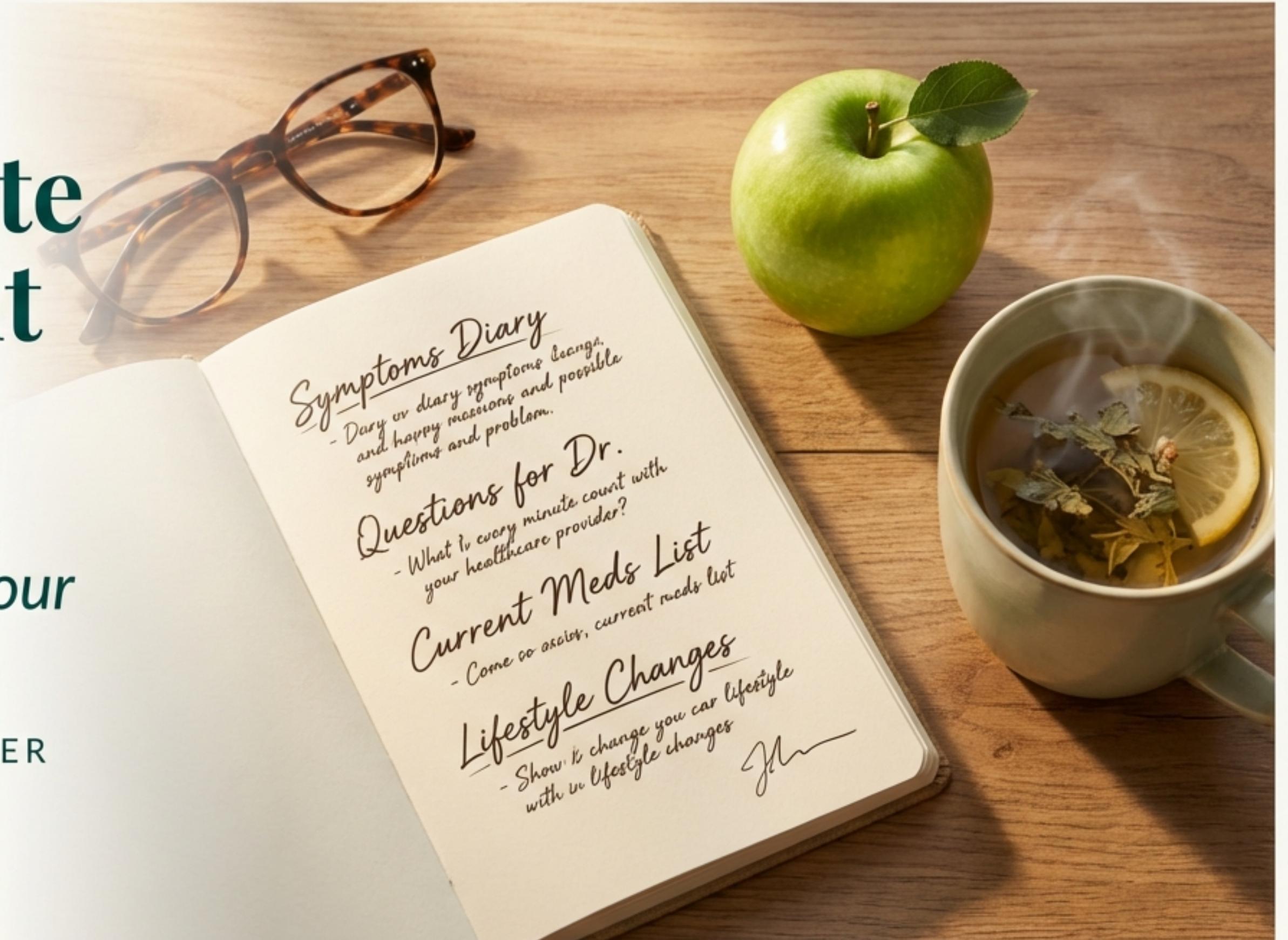


The Ultimate Doctor Visit Guide

How to make every minute count with your healthcare provider

YOUR ROADMAP TO BETTER HEALTH OUTCOMES





MINUTES

A typical doctor visit lasts
only 10-15 minutes.

The 15-Minute Reality

Being prepared isn't just helpful—it is necessary to ensure you don't leave with unanswered questions.

- Get answers, not just prescriptions.
- Avoid 'Doorway Amnesia' (remembering questions only after you leave).
- Leave with a concrete action plan.

One Week Out: The Data Gathering Phase



The Health Journal

Log these daily

- Blood sugar readings (fasting & post-meal)
- Meals, portion sizes, and physical activity
- Sleep patterns and medication side effects
- New or worsening symptoms



The Paperwork

Gather these documents

- Lab reports from the last 3-6 months
- List of ALL current medications (name, dose, frequency)
- Supplements or Ayurvedic remedies currently taken
- Insurance cards and referral letters

The Interview Strategy: Questions to Draft

3 DAYS BEFORE APPOINTMENT

The Numbers

- What should my target fasting blood sugar be?
- Is my HbA1c in a healthy range?
- Are my post-meal spikes too high?

The Meds

- Are there side effects to watch for?
- Can I switch to a more affordable alternative?
- How do these interact with each other?

Lifestyle

- Are there specific Indian foods I should avoid or include?
- How much exercise is safe for me?

Complications

- How often should I check my eyes, kidneys, and feet?
- What specific warning signs should I watch for?

Countdown to Care: PM & AM Logistics



The Night Before
(PM)



The Morning Of
(AM)

- Pack all documents in a folder.
- Write down your #1 most important question.
- Fasting Protocol: Confirm hours (usually 8-12). Stop eating after dinner. Water is usually okay. Do not skip meds unless advised.

- Wear: Loose sleeves (for BP check), easy-to-remove shoes (for foot exam), comfortable layers.
- Bring: Glucose meter, snack (for after blood draw), water bottle, phone charger, pen/notepad.

In The Room: Advocacy & Symptoms

Part 1: The Vitals Check

Ensure these are recorded:



Blood Pressure



Weight



Pulse Rate



Temperature

Part 2: Symptom Reporting

Don't hold back on these details:

- **Blood Sugar:** Frequent hypoglycemia (lows), excessive thirst, fatigue, or unexplained weight changes.
- **Complications:** Vision changes (blurry/floater), numbness/tingling in hands or feet, slow-healing wounds.
- **Mental & General:** Sleep problems, anxiety/stress, digestive issues, or sexual health concerns.

Know Your Numbers: Tests to Request

Quarterly Routine (Every 3 Months)

- **HbA1c** (3-month average)
- **Fasting blood glucose**
- **Post-prandial** (post-meal) **blood glucose**

The Annual Tune-Up

- **Lipid Profile** (Cholesterol)
- **Kidney Function** (Creatinine, Urea, Urine Microalbumin)
- **Liver Function & Thyroid** (TSH)
- **Vitamin B12 and D** levels
- **Physical Exams:** Dilated eye exam & Foot sensation exam

The Departure Protocol

Do not leave the room without checking these boxes.

The “Clarify” List

- What is my specific diagnosis?
- When do I take new medications?
- What are the warning signs requiring immediate attention?
- When do I return?



The “Collect” List

- Printed prescriptions
- Lab test orders
- Referral letters
- Written instructions (to avoid memory lapses)

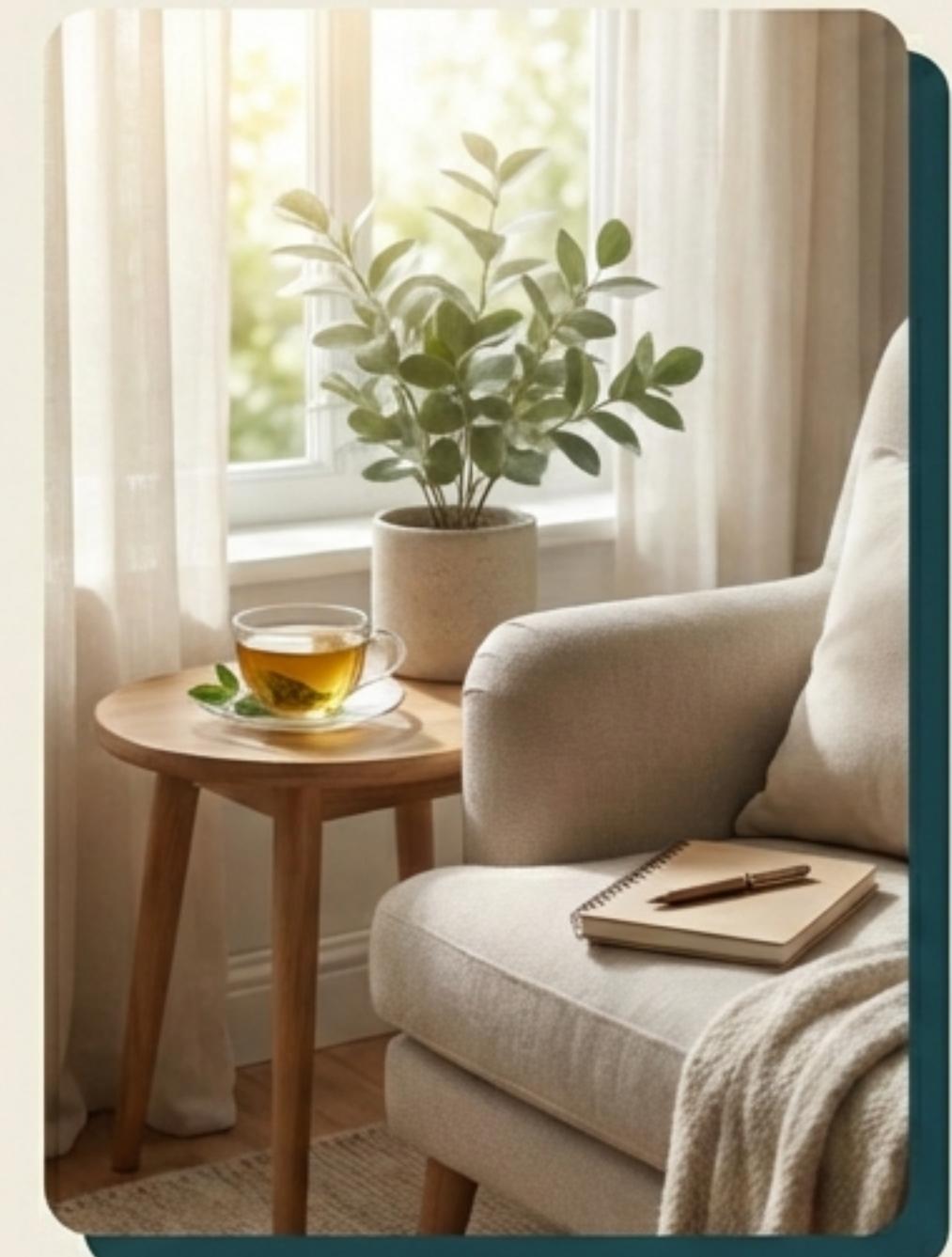
Post-Appointment Action Plan

Same Day

- Fill prescriptions immediately.
- Schedule the follow-up appointment while at the desk.
- Book any ordered lab tests.
- Review and organize your notes.

Within 1 Week

- Start new medications as directed.
- Update your personal medication list.
- Complete any ordered tests.
- Share updates with family or caregivers.



Emergency Watchlist

When to Call Immediately



Blood sugar <70 mg/dL
(unresponsive to treatment)



Blood sugar >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, severe vomiting, or inability to keep fluids down

Tool: Your Pocket Health Snapshot

Fill this out and keep it in your wallet or phone case for emergencies.

MEDICAL ID CARD

Name: _____

Blood Type: _____

Emergency Contact: _____

**CONDITIONS:

- Type 2 Diabetes
- Heart Disease

- Hypertension
- Kidney Issues

**CURRENT MEDS:

1. _____

3. _____

2. _____

4. _____

DOCTOR: _____

Continue Your Wellness Journey

Digital Ecosystem



Website:
health.gheware.com



YouTube:
[@health_gheware](https://www.youtube.com/@health_gheware)

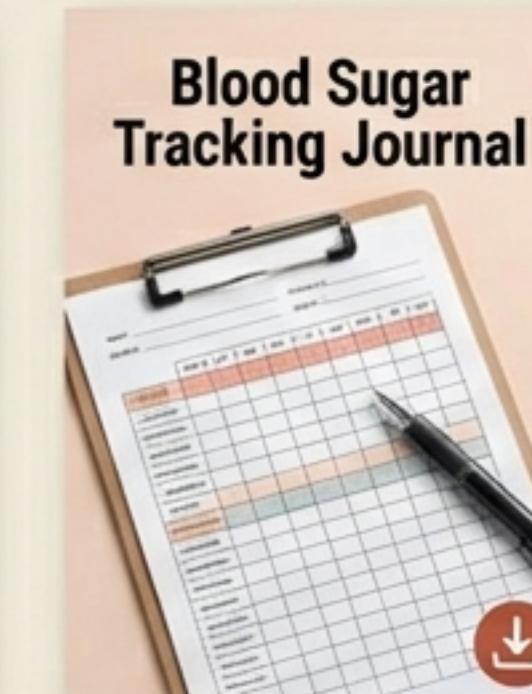


Blog:
health.gheware.com/blog

Free Downloads Available



7-Day Indian
Diabetes Meal Plan



Blood Sugar
Tracking Journal



Diabetes-Friendly
Recipe Book



Diabetes-Friendly
Recipe Book

You Are The Manager of Your Health

*The doctor is your consultant,
but you live in your body every day.
Preparation is the key to empowerment.*

PRO TIP: Take a photo of this checklist on your phone right now so you always have it handy for your next appointment!

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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