

The Ultimate Doctor Visit Guide

Make every minute count with your healthcare provider.



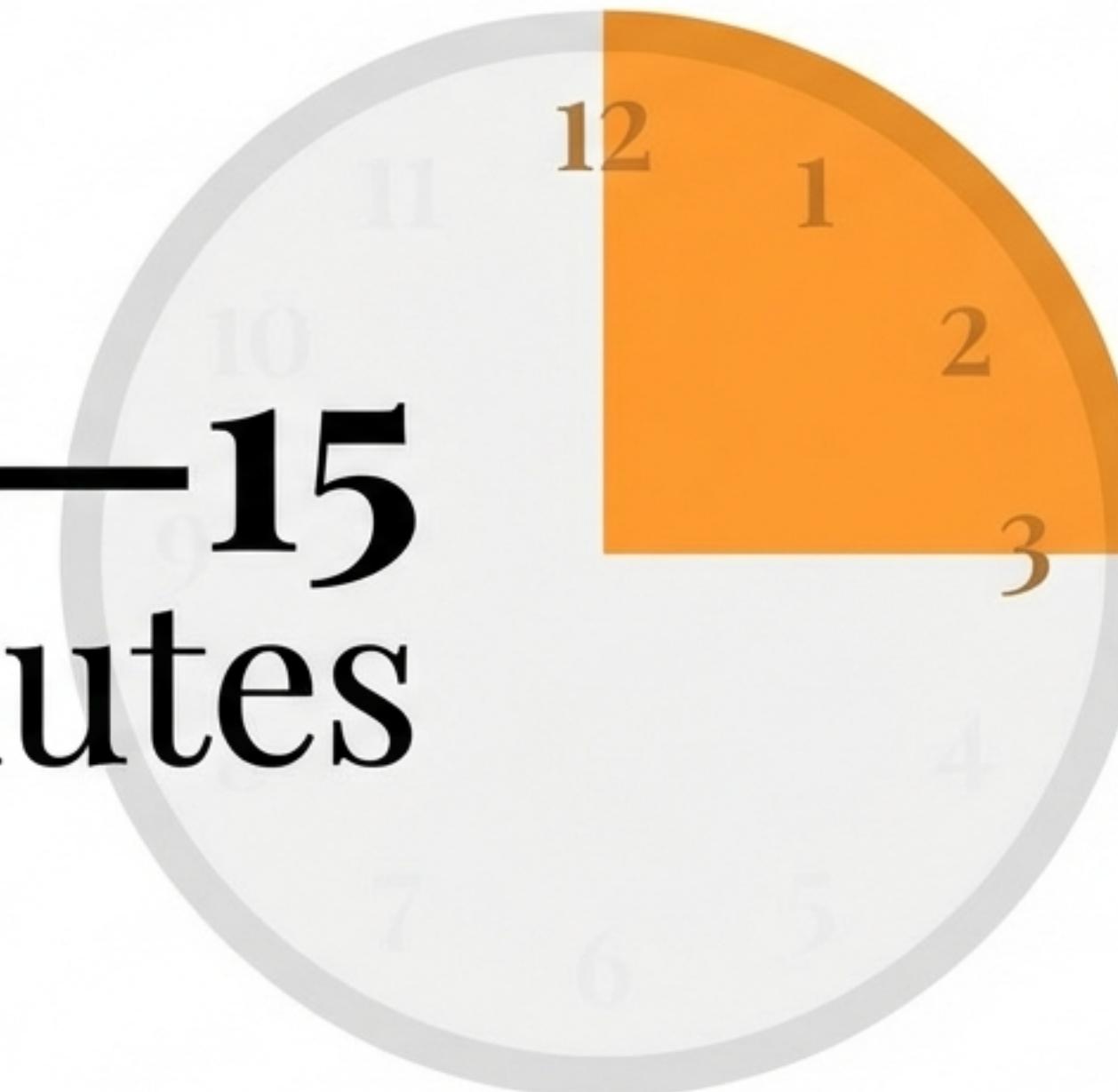
How to Use This Guide

This is not just a presentation; it is a workbook. Read it now, but save it to your phone to use as a checklist as your appointment approaches.



15 Minutes to Change Your Health

**10—15
Minutes**



A typical doctor visit lasts only **10-15 minutes**. In that short window, you need to get answers, avoid forgetting symptoms, and secure a clear action plan.

“Preparation isn’t optional—it is the only way to ensure correct diagnoses and effective treatment.”

One Week Before: The Health Audit



The Health Journal

- Record blood sugar readings (fasting & post-meal).
- Log meals, portion sizes, and physical activity.
- Note sleep patterns and any medication side effects.



The Paper Trail

- Gather lab reports (last 3-6 months).
- List all current medications (name, dose, frequency).
- Include any supplements or Ayurvedic remedies you take.
- Referral letters and insurance documents.

Three Days Before: Draft Your Strategy

Blood Sugar

Targets, HbA1c ranges, and spike management.

Medications

Side effects, interactions, and affordability.

Lifestyle

Diet, exercise safety, and nutritionist referrals.

Complications

Eye/kidney checks and warning signs.



The Script: Essential Questions to Ask

Don't hesitate. Use these exact prompts to get the answers you need.

-  ***“Is my HbA1c in a healthy range?”***
-  ***“Are there specific Indian foods that help control my levels?”***
-  ***“Can I switch to a more affordable medication alternative?”***
-  ***“What warning signs should I watch for regarding my eyes, kidneys, or feet?”***
-  ***“Should I adjust my medication timing based on my meals?”***

The Night Before: Logistics & Fasting



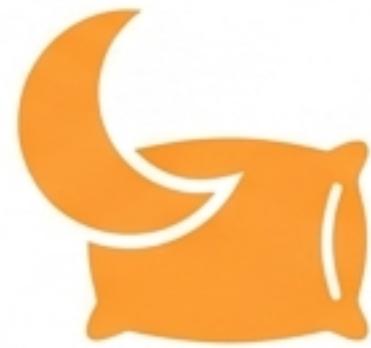
Fasting Protocol

Confirm requirements (8-12 hours). Stop eating after dinner (write down the time). Note: Plain water is usually okay.



The Go-Bag

Pack all documents in a folder.
Charge your phone.



Mental Prep

Write down your #1 most important question and set your alarm.

Morning Mission: What to Bring & Wear



In the Room: Vitals & Tests

The Vitals Checklist

- Blood Pressure
- Weight
- Pulse
- Temperature



Routine Tests (Every 3 Months)

- HbA1c
- Fasting Glucose
- Post-prandial Glucose



Annual Deep Dives

- Lipid Profile (Cholesterol)
- Kidney Function (Creatinine/Urine)
- Vitamin B12 & D
- Thyroid (TSH)
- Dilated Eye Exam
- Dental Check-up



Speak Up: Symptoms You Cannot Ignore



Do not normalize these symptoms. Mention them immediately.

Blood Sugar Issues

- Frequent hypoglycemia
- Excessive thirst/urination
- Unexplained weight changes



Complications

- Vision changes (blurry/floater)
- Numbness in hands or feet
- Slow-healing cuts
- Chest pain



General

- Mood changes
- Sexual health concerns
- Sleep issues



Before You Leave the Room

CLARIFY



- What is my specific diagnosis?
- What exact changes should I make to my treatment?
- When do I need to come back?

COLLECT

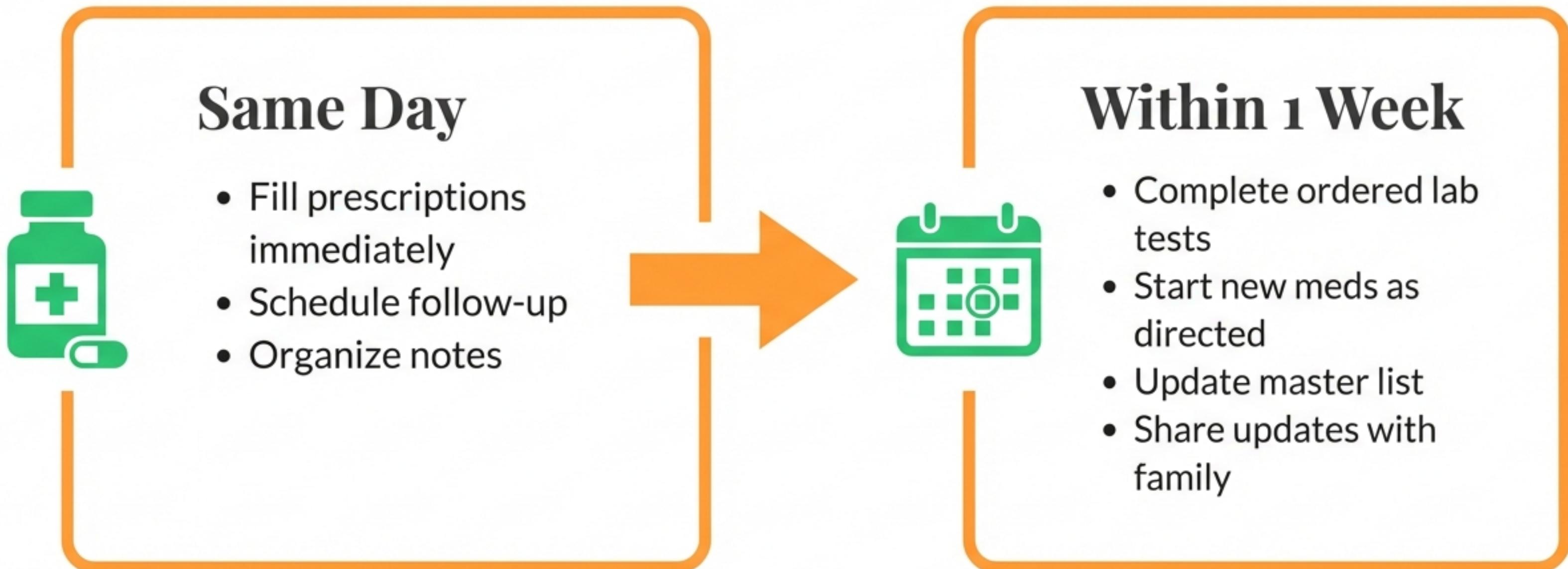


- Copy of today's prescriptions
- Lab test orders
- Referral letters
- Doctor's emergency contact number

Do not leave until these boxes are ticked.



Post-Visit Action Plan





Red Flags: When to Call Immediately

Critical Numbers:

- Blood sugar < 70 mg/dL (not improving)
- Blood sugar > 300 mg/dL (with symptoms)

Physical Symptoms:

- Chest pain or difficulty breathing
- Sudden vision loss or severe eye pain
- Confusion or altered consciousness
- Signs of infection (fever, red/swollen wounds)

Your Medical Summary Card

Screenshot this slide, fill it out, and favorite it for emergencies.



Name: _____	Blood Type: _____
Emergency Contact: _____	
Conditions:	<input type="checkbox"/> Type 2 Diabetes <input type="checkbox"/> Hypertension <input type="checkbox"/> Heart Disease <input type="checkbox"/> Kidney Issues
Allergies: _____	
Current Meds:	1. _____ 2. _____ 3. _____
Doctor's Phone: _____	

Continue Your Wellness Journey



health.gheware.com



YouTube: @health_gheware



Blog: health.gheware.com/blog

Free Downloads

7-Day Indian Diabetes Meal Plan

Blood Sugar Tracking Journal

Diabetes-Friendly Recipe Book

Eat Well, Live Better - The Indian Way.

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