

T1D CHECK-IN: YOUR DOCTOR VISIT PREP GUIDE

BE PREPARED, BE HEARD

Doctor visits can feel overwhelming. Knowing the right questions to ask can help you get the care you need. Use these tips to help you remember what to ask before and during your appointment.

IS THERE SOMETHING I HAVE BEEN STRUGGLING WITH?

- Patterns in blood sugar, I don't understand
- Trouble remembering doses
- Technology access + issues (pump/CGM not working well)
- Sleep, appetite, or energy changes
- Feeling overwhelmed, anxious, or burned out
- What symptoms have I had recently?
- Trouble getting medication, CGM or pump?

WHAT QUESTIONS DO I WANT TO ASK?

- Any new medications for me?
- Are there newer CGMs or pumps I could try?
- Am I a candidate for clinical trials?
- What can I do about ___ (specific symptom or issue)?
- What labs/tests should I expect next?
- How often should I schedule eye exams, foot checks, or other important health screenings?
- Should my family be screened for type 1 diabetes?

WHAT SHOULD I REMEMBER TO SHARE?

- Missed doses or skipped checks
- Emotional/mental health concerns
- Exercise and food habits
- Any other health issues
- Insurance or prescription problems

WHAT SHOULD I BRING WITH ME?

- Glucose logs or reports (print or app)
- List of medications
- Questions list
- Insurance card / pharmacy info
- A notebook or app to take notes



Tip: Write down your questions or problems in a notebook or phone as they happen. That way, you won't forget to ask your doctor at your next visit.



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