



## What should I bring to a Diabetes Education appointment?

Here are some things to bring to your appointment that can help you make the most of your visit:

- Bring a friend/relative (*or just yourself!*)
- Bring your blood sugar meter
- Test your blood sugar for at least a few days before coming to your visit. Bring your blood sugar records with you.
- If you are coming to see the Dietitian, write down everything that you've had to eat for 3 days (include amounts and the time that you ate with any other comments).
- Bring all of your medications.
- Bring any questions you have about diabetes management.



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