

Diabetes Screenings Checklist

Many different screenings and tests are recommended once you have a diagnosis of diabetes. Use this list to help you keep track of what you still need to schedule. Most of the time, your family doctor will automatically order the appropriate labs for you, but you can take ownership of your health by keeping track for yourself.

Physical Exam:

When? Once per year

Who? Primary care doctor

Last done: _____

Next due: _____

Foot Exam:

When? Once per year

Who? Primary care doctor or podiatrist

Last done: _____

Next due: _____

*A self foot exam should also be done on a regular basis (at least weekly)

Dental Exam and Cleaning:

When? Twice per year

Who? Dentist

Last done: _____

Next due: _____

Hemoglobin A1C:

When? Every 3-6 months

Who? Primary care doctor or endocrinologist

Last done: _____

Next due: _____

Most recent result: _____

Blood Pressure:

When? Every visit

Who? Anyone who will do it (primary care doctor, endocrinologist, cardiologist, dentist, etc.)

Last done: _____

Next due: _____

Most recent result: _____

Kidney Labs:

When? Once per year

Who? Primary care doctor or nephrologist

Last done: _____

Next due: _____

Most recent results: BUN: _____ Creatinine: _____ GFR: _____

Lipid Panel Labs:

When? Once per year

Who? Primary care doctor or cardiologist

Last done: _____

Next due: _____

Most recent results: Total cholesterol: _____ HDL: _____
LDL: _____ Triglycerides: _____



Diabetes from the
Ground Up, LLC