

Important Tests and Exams to Help Manage Diabetes

Managing diabetes is important to your overall health. Part of managing diabetes is keeping track of your tests/exams. Have your healthcare provider check the boxes next to the tests/exams you need. Add the date of your next test/exam.

Blood tests*

- Before-meal blood sugars: 70-130 mg/dL
- Postmeal (~2.0 hours) blood sugars: <180 mg/dL

My schedule for testing blood sugar:

A1C: <7% Next Exam Date:

- Quarterly, if treatment changes or not at goal
- At least 2 times a year if stable at goal

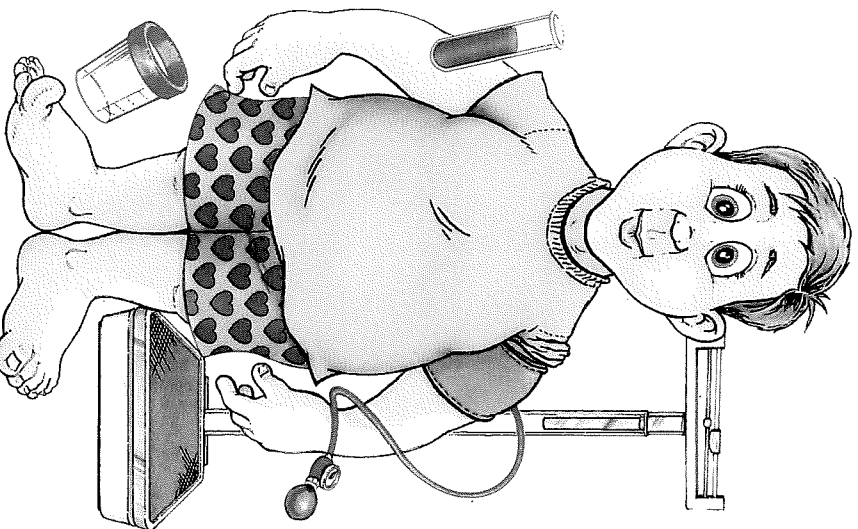
Lipid profile Next Exam Date:

- Yearly
- LDL (“bad” cholesterol): <100 mg/dL
- Triglycerides: <150 mg/dL
- HDL (“good” cholesterol): >40 mg/dL for men; >50 mg/dL for women

Blood pressure*

Blood pressure: Next Exam Date:

- <140/80 mmHg†
- Each diabetes visit



* Individual goals in patients with diabetes may vary.
† Blood pressure goal for people with diabetes and high blood pressure.

Eye exam*

- Dilated eye exam Next Exam Date:
- Yearly

Foot exams*

- Foot check Next Exam Date:
- Each diabetes visit
- Comprehensive Next Exam Date:
- foot exam
- At least yearly (more often in patients with foot conditions)

Urine tests*

- Microalbuminuria: Next Exam Date:
- <30 µg albumin/mg creatinine
- Yearly
- Urinalysis Next Exam Date:
- Early signs of disease, blood in urine

Other tests* (if indicated)

- Thyroid exam Next Exam Date:
- Electrocardiogram Next Exam Date:
- Dental exam Next Exam Date:

Talk to your healthcare provider if you have any questions about these tests and exams.



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