

# 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:

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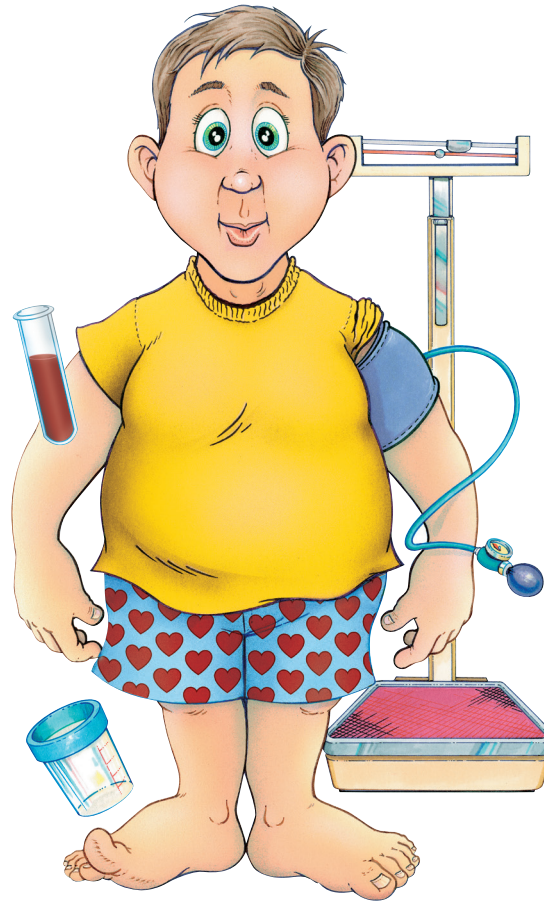
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- A1C: <7% **Next Exam Date:**
  - Quarterly, if treatment changes or not at goal
  - At least 2 times a year if stable at goal
- Lipid profile **Next Exam Date:**
  - Yearly
  - LDL (“bad” cholesterol): <100 mg/dL
  - Triglycerides: <150 mg/dL
  - HDL (“good” cholesterol): >40 mg/dL for men; >50 mg/dL for women

## Blood pressure\*

- Blood pressure: **Next Exam Date:**
  - <140/80 mmHg<sup>†</sup>
  - Each diabetes visit



\* Individual goals in patients with diabetes may vary.  
<sup>†</sup> 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 foot exam **Next Exam Date:**
  - 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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Printed in USA.

HM3983R0

October 2013