

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 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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