



APPOINTMENT PREPARATION GUIDE

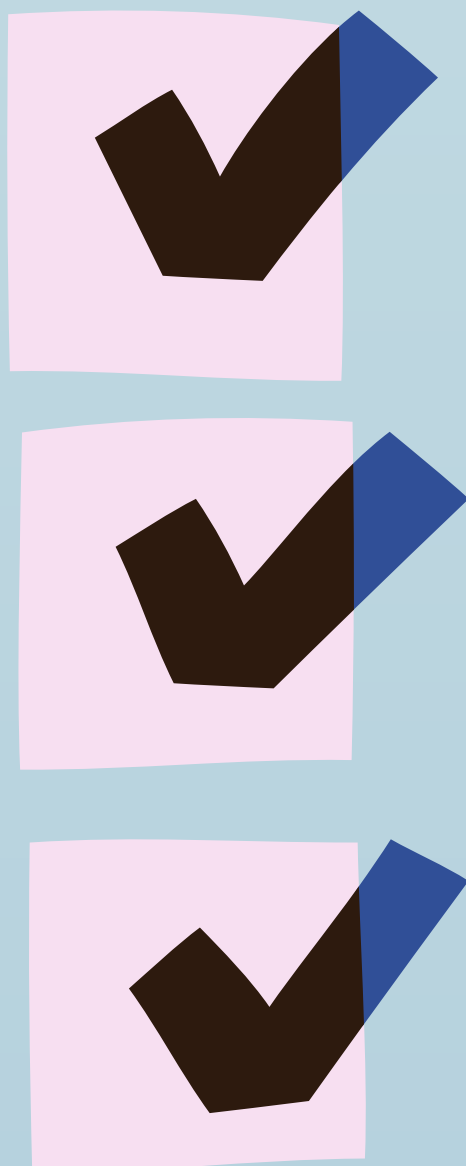
*Fostering Effective
Communication and Collaboration
With Your Healthcare Team*





Whether you're attending in person or virtually, preparing for your appointment (appt) will allow you to maximize the benefits and address any important issues you don't want to forget.

Your healthcare team may have planned to discuss different questions and issues than the ones you wish to discuss.

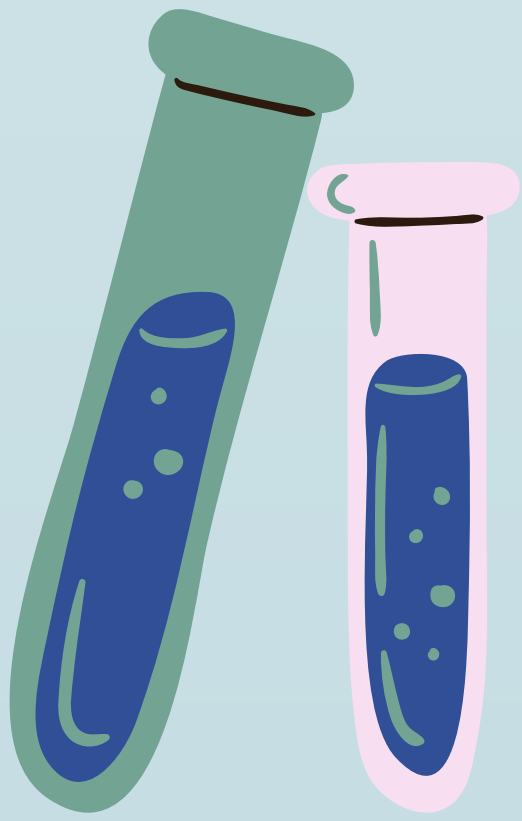


If you write down your questions before the appt, it's easier to prioritize them, to feel confident and to help your healthcare team support you better. Not only will you feel more involved in your care, but your appt will also foster a better collaboration with your healthcare team.

This Guide will show you the important points to help you prepare for your next appointments.

BEFORE THE APPT

- **ARRANGE FOR BLOOD WORK**
(if needed)



Look to book your blood tests three to six weeks before your medical appt. Depending on where you live, wait times can vary from a few weeks to a few months. Book your blood tests a few days ahead of your appt (or earlier, if needed) to give your healthcare team enough time to receive and look at your results. Check whether you need to be fasting for your blood tests.

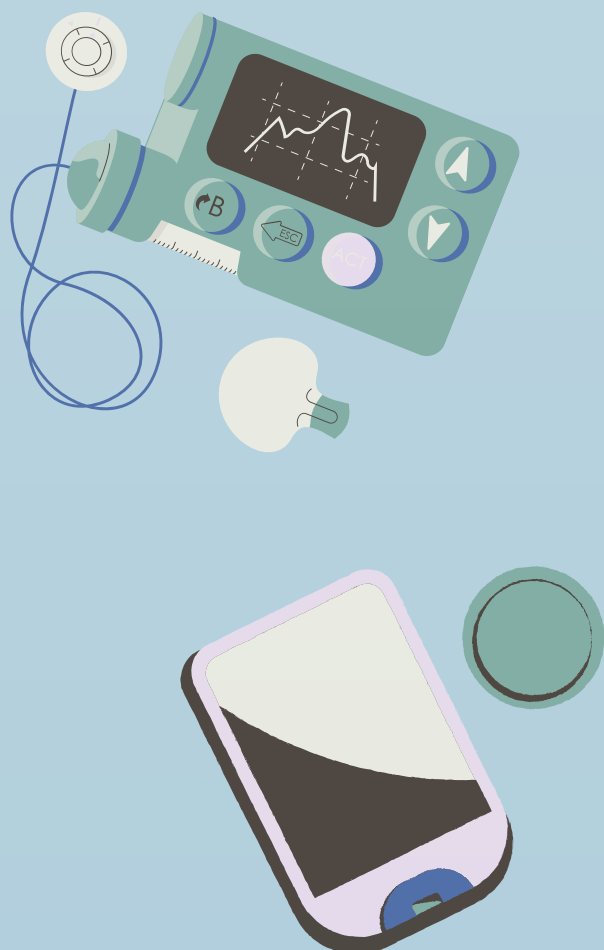
Appts can be booked on the Clic Santé website.

- **GATHER YOUR BLOOD SUGAR AND MEDICATION INFORMATION**

If you don't know how to get any of the data sets below, don't hesitate to ask your healthcare team or the technical support line for your device.

Insulin pumps and continuous glucose monitoring (CGM) systems

Upload your insulin pump or CGM data, and share it with your healthcare team by email or directly via the platform (to activate this option, ask your healthcare team for an invitation email or the clinic's code).



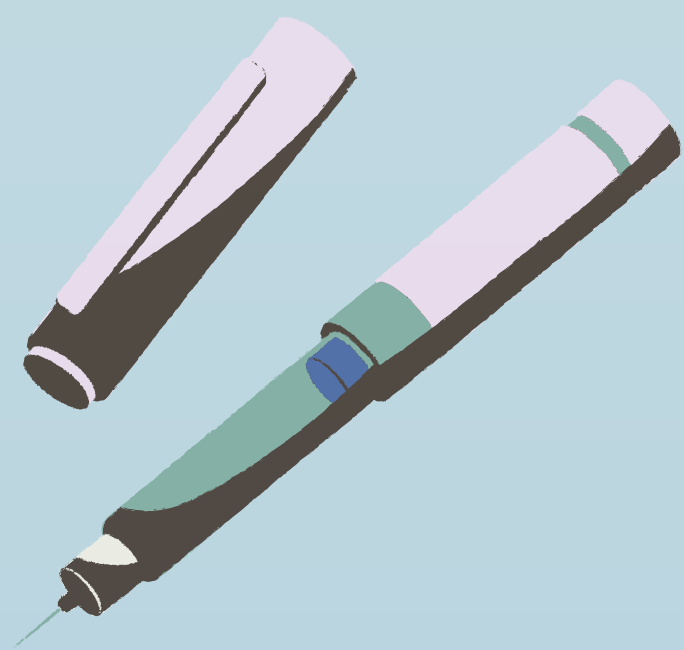
BEFORE THE APPT

Capillary blood sugar meters (fingertip meters)

You might be able to upload and share data from your meter with your healthcare team via a platform (ask your team about this option) or by email.

If you can't upload the data, enter your blood sugar information in a document (e.g., logbook, piece of paper or printed table).

If you're attending the appt virtually, don't forget to send your data before the appt or to have your logbook on hand.



Insulin pens

Write down or remember your diabetes medication doses and schedule (e.g., long-lasting and rapid-acting insulin doses).

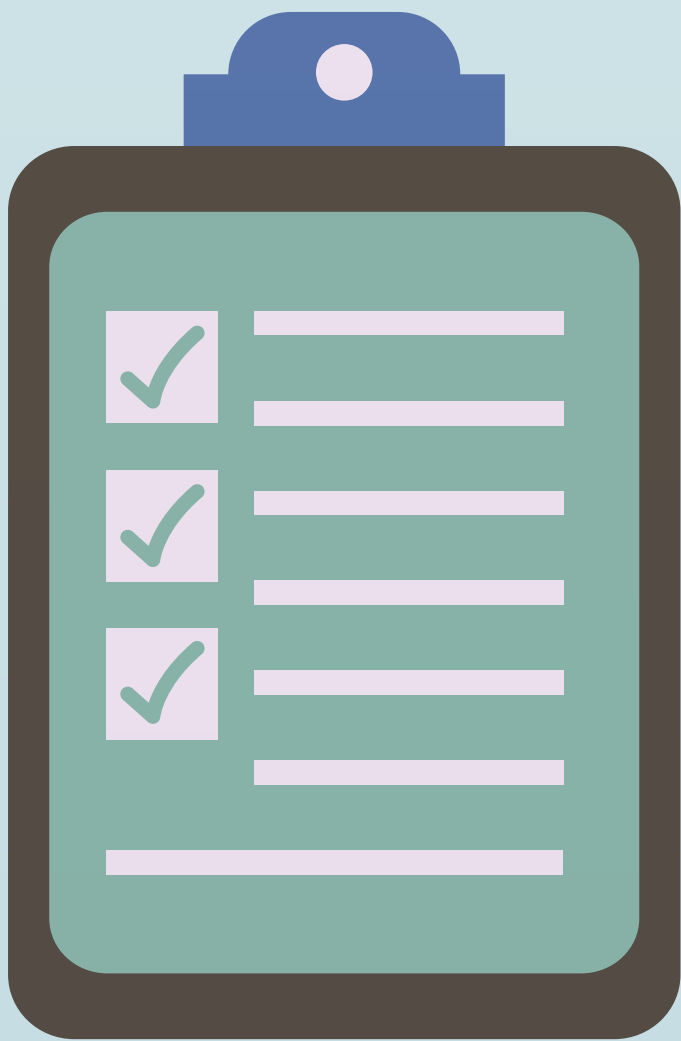
Food journal

If you were asked to keep a food journal, make sure to fill it out during the week prior to your appt and to bring it with you (or email it). You can also include your insulin doses and blood sugar information in that same journal, if needed.



BEFORE THE APPT

- **ANALYZE YOUR DATA**



Check whether you can identify any trends in your blood sugar levels (e.g., regular hypoglycemic episodes before a meal); make a note of any important issues to discuss and prioritize them.

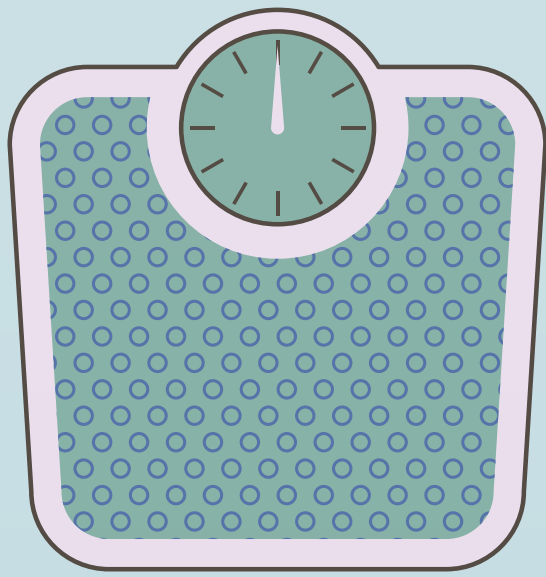
- **Questions/concerns** (e.g., pain, breathlessness, reduced vision, foot problems, hospitalization, surgery)
- **Blood sugar trends** in the last few days
- **Any major blood sugar event since your last appt** (e.g., severe hypoglycemia, severe hyperglycemia)
- **Any major events or changes** in your life since your last appt
- **Prescription renewals**
- **Any new or changed medication** since your last appt
- **Forms for the doctor to fill out** (e.g., blood work or eye exam requisition, air travel form, SAAQ driver's licence form)

The Discutons Santé website (in French only) can help you every step of the way in preparing for your appt. This method will help you to better identify your needs and make yourself heard during your appt.

BEFORE THE APPT

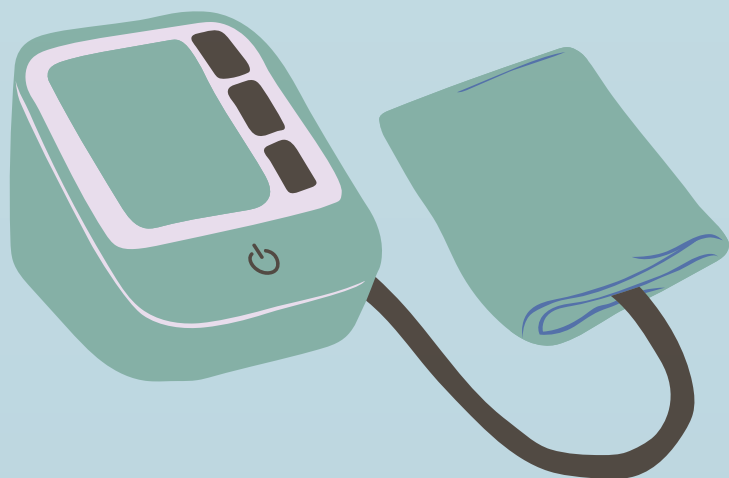
Virtual appt

- **WEIGH YOURSELF**



If you can and if your healthcare team has asked you to, weigh yourself and write down the result.

- **TAKE YOUR BLOOD PRESSURE**

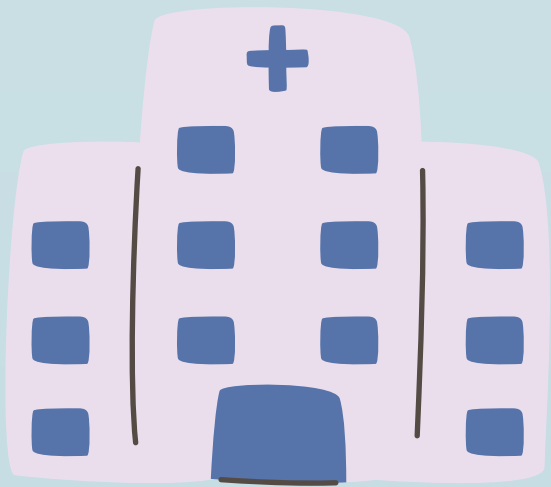


If you can and if your healthcare team has asked you to, take your blood pressure and write it down. This is especially useful if you take any blood pressure medication. You can use a blood pressure monitor in a pharmacy or get your own.

DAY OF THE APPT

Whether they're in person or virtual (by phone or videoconference), appts can always be delayed. Make sure you don't have any important engagements in the following hours.

• IN PERSON



Plan to arrive at the clinic a few minutes before your appt, so you're available and relaxed. If you're late or can't make it, make sure to tell your healthcare team.

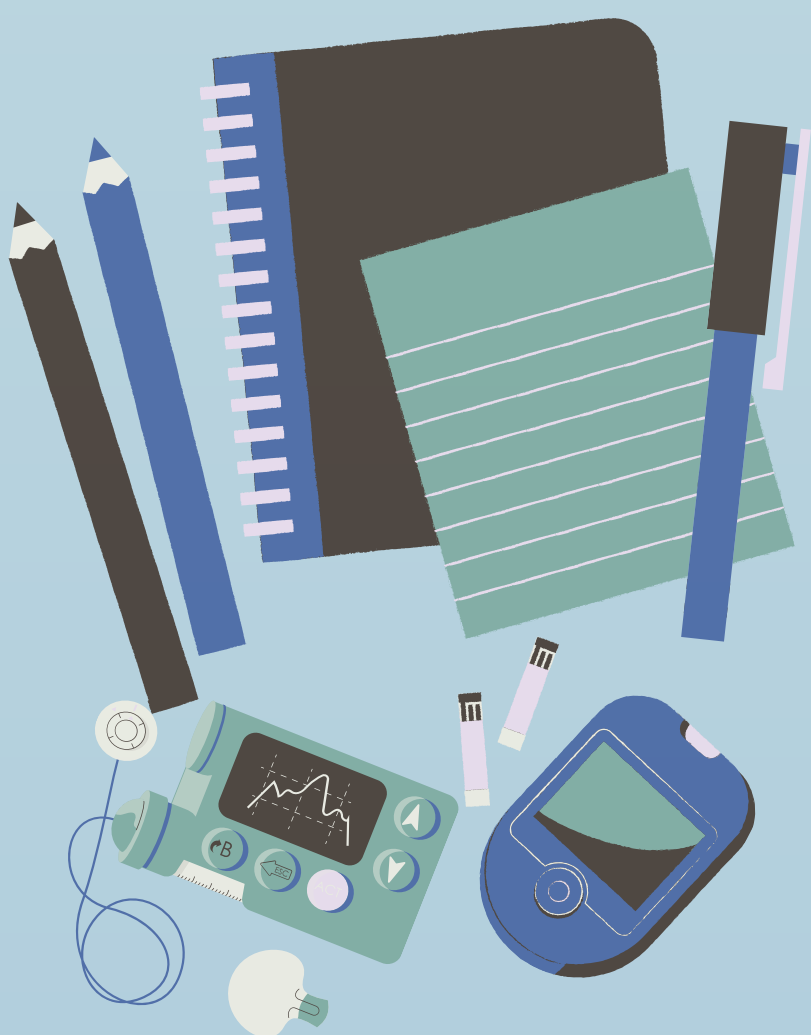
• VIRTUALLY (by phone or videoconference)



Find a quiet spot with no distractions. If you're attending by videoconference, make sure you have a working Internet connection and camera. If you can't attend, make sure to tell your healthcare team.

In person and virtually

• HAVE ON HAND



- A pen and paper to write down any important information
- The document where you wrote down and prioritized the issues you wish to discuss (e.g., the Discussions Santé summary sheet)
- Your devices for measuring blood sugar levels (e.g., capillary blood sugar meter, CGM) and administering insulin (e.g., insulin pump, insulin pens)
- Your treatment and blood sugar information
- Your weight and blood pressure measurements, if applicable

DAY OF THE APPT

• SPEAK UP



- Don't hesitate to ask questions and talk about your concerns, regardless of the sensitivity of the issue (e.g., sex, alcohol, drugs, depressed feeling).
- If managing your blood sugar is not a priority right now (e.g., dealing with other issues), don't hesitate to tell your healthcare team.
- If you're not satisfied with your healthcare team's suggested adjustments, don't be afraid of telling them.

• REMEMBER



The role of a healthcare professional is to support you without judgment, help you find answers and refer you to another specialist, if needed.

• ASK



If needed, ask about the best way to book the next appointment and contact your healthcare team if you have question between appts.



**For more news articles and
resources on type 1 diabetes, go
to:**

www.type1better.com

All rights reserved.

Any use of this document, including translation and distribution, in whole or in part, requires permission from the authors. This document may be reproduced for personal use or for private research or scientific research purposes on a non-commercial basis, provided that the source is cited.