**What to bring to your diabetes education appointment?**

You might want to print this page to help you do some pre appointment preparations to make the most out of the time you will have with Jayne Lehmann, Credentialled Diabetes Educator.

* If you are newly diagnosed or this is the first time you will be seeing Jayne, bring along any paperwork your doctor has given you for your diabetes education appointment. **There is no need to go and buy a meter** as Jayne can provide you with one for free at the appointment if it is required.
* If you have a blood glucose meter check your blood glucose levels more often a few days before the appointment. If you can check your levels before and 2 hours after each of your three meal for 3 days in a row. Write the result on the table below and bring this with you to the appointment. This extra information helps Jayne to understand your diabetes sooner. That means you get better quality advice from the first appointment!
* Bring your blood glucose meter and log book to your appointments.

**Pre-Diabetes Education Appointment Monitoring**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Day**  **(write date below)** | **Before\* Breakfast** | **2hrs After Breakfast** | **Before Lunch** | **2hrs After Lunch** | **Before dinner** | **2 hours after dinner** |
| Day 1: |  |  |  |  |  |  |
| Day 2: |  |  |  |  |  |  |
| Day 3: |  |  |  |  |  |  |
| \*Please note that before the meal = just before  2 hrs after the meal = 2 hours after you finish. | | | | | | |

**At the end of the education session** Jayne will give you a printed summary of the information covered. This will also be sent to your general practitioner.

If you have any further questions about the appointment, [contact Jayne.](http://www.edhealth.com.au/contact-us/)