

For Our Next Doctor's Office Visit

INFORMATION FOR THE DOCTOR

We typically test blood sugar at the following times of day:

A typical day of treatment:

Time	Insulin dose
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Other prescription medications and supplements my child takes:

Name	Dose
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Episodes of low or high blood sugar occurred on:

Date/time	Blood sugar	Notes
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

A typical day's diet is:

Breakfast

Lunch

Dinner

Snacks

For Our Next Doctor's Office Visit

My child participates in the following physical activities:

Activity	Minutes per day	Days per week
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

In the next few months, my child/our family will be traveling:

To	Dates
_____	_____
_____	_____
_____	_____

Since our last visit, my child has experienced the following:

- Depression or mood swings
- Weight loss
- Weight gain
- Resistance or skipping of injections
- Developmental milestones: _____
- Changes in behavior: _____

Our family has recently or will soon experience the following major events (such as a move, divorce, or death in the family): _____

Notes: _____

For Our Next Doctor's Office Visit

QUESTIONS FOR THE DOCTOR

How can we get better at counting carbs in situations like _____

Is my child falling short on any foods or nutrients?

I've noticed most episodes of out-of-range blood sugar happen when _____
_____. How can we manage blood sugar better in these situations?

My child is going into _____ grade/turning _____ years old. What upcoming events might affect our diabetes care? What changes should we watch for?

Are there any additional specialists you recommend my child see at this time, such as a dietitian or ophthalmologist?

What annual tests is my child due for?

Has there been any new research lately that we should know about?

Is someone available 24 hours a day to help answer urgent questions? How do I contact that person?

Notes: _____

Please note that this is not a complete list. It is only intended as general guidance. Content was developed by Disney and reviewed in consultation with Lilly USA, LLC.