

Dr.Sarile's Diabetic Patient Protocol Sheet

1. As a diabetic patient you need to book a diabetic appointment **Every 3 Months** with your family physician. (4 appointments per year)
 - a. If you go to an outside diabetic clinic then it is not necessary to book these appointments with your family physician.
2. Book a **Yearly Physical** with your family physician in addition to your 4 diabetic appointments regardless of where you are treated for diabetes.
3. Be sure to do your Lab work **2 Weeks** before your diabetic appointment.
4. Please check your blood glucose levels **Twice A Week** and keep a record of your levels written down to show to your family doctor
 - a. If you require a glucometer (blood sugar measuring device), please inform the doctor and one will be provided for you.
5. Please ensure that you have received your **Diabetic Education Referral** and your temporary **Diet Sheet**
6. Ask your family physician for any **Informative Pamphlets and Brochures** relating to your Diabetic Medication.
7. Diabetes is a **Serious** condition that has many **life-changing** and **life-threatening** side-effects. Please monitor your health closely by getting checked by your family physician **Every 3 Months**. If you are a **Type Two Diabetic** and are **NOT** on Insulin monitor your **Glucose Levels Twice a Week**. If you **ARE** on Insulin you **MUST** check your blood sugar **3-4 Times a Day**. Check with your doctor to see what you need to do if your blood sugar drops **Below 4mmols/L**.
8. **Immunization: Recommended Vaccines; annual Flu Vaccine, Prevnar13 vaccine** every 5 years for patients **over 50** and **Pneumovax23 Vaccine** every 5 Years for patients **over 65**.
9. Have your eyes checked by your ophthalmologist **once a year**

**IF YOU ARE HAVING A MEDICAL EMERGENCY GO TO
THE EMERGENCY DEPARTMENT OF THE NEAREST
HOSPITAL OF YOUR CHOICE**