Simply for Teens

Talking to my doctor cheat sheet

Print this PDF, highlight the questions you'd like to ask from the list and add your own. Then bring it with you to your next appointment. Bring a pen with you too so you can write down your doctor's answers.

Questions about diabetes:

- What kind of diabetes do I have?
- Why did I get diabetes?
- What are my risks for diabetes complications?

Questions about diabetes management:

- What do I need to do to avoid complications from diabetes?
- How often should test my blood glucose each day?
- How do I test my blood glucose?
- What times of the day should I test my blood glucose?
- What's my target blood glucose range?
- What should I do if I'm low (hypoglycemic)?
- What should I do if I'm high (hyperglycemic)?
- What's ketoacidosis and what are ketones?
- What are my diabetes medications for and how do I use them?
- What do I need to do if I get sick with a cold, flu or other virus?
- How much exercise should I be getting?
- What foods should I be eating and when?
- How do I manage my diabetes under special circumstances? (describe the circumstances, for example, when I'm traveling, at school, driving, at a party—whatever you need help with).

My other questions: