The Doctor Appointment Pack

Three one-page checklists: type 2 diabetes, chronic kidney disease and high blood pressure, plus the four questions to ask about any result.

Ask, don’t demand - your doctor may have a good reason.

Print it, take it in, write the answers on it. That is the whole idea.

RED FLAGS
Seek care now, not later, for: chest pain - trouble breathing - very high blood pressure with symptoms - passing little or no urine - confusion - sudden change in vision.

General information, not medical advice. It does not replace your doctor. Sources are named so you can check them yourself.

hardy4.tech

Questions and tests to ask your doctor

Type 2 diabetes

Has this been checked? If not, what would it change?

1. A1C - your average blood sugar over the past three months.
   Ask: “What was my A1C last time, and when is the next one due?”
Source: Diabetes Canada; BC Guidelines: Diabetes Care (every 3 months while adjusting, 6 months when stable)

2. Kidney check - eGFR and urine ACR - one test for how well the kidneys filter, one for protein leaking into the urine.
   Ask: “Have both been done, the eGFR and the urine albumin-to-creatinine ratio?”
Source: Diabetes Canada; KDIGO 2024

3. Lipids - cholesterol and triglycerides, part of your heart-risk picture.
   Ask: “When were my lipids last checked, and what were the numbers?”
Source: Diabetes Canada

4. Blood pressure at every visit - taken sitting, after five minutes, with the right cuff size, averaged.
   Ask: “Was my blood pressure taken with the standard method today, and what was it?”
Source: Hypertension Canada

5. Feet - nerve sensation and circulation, at least once a year.
   Ask: “When were my feet last checked for sensation and pulses?”
Source: Diabetes Canada

6. Eyes - a dilated retinal exam, because early changes have no symptoms.
   Ask: “When was my last dilated eye exam, and when is the next one due?”
Source: Diabetes Canada

7. Weight and waist - the trend, not a single weigh-in.
   Ask: “How have my weight and waist changed since last year?”
Source: Diabetes Canada

8. Medication review - what each pill is for, which ones can cause lows, and which vaccines are due.
   Ask: “Can we go through my medications, and am I due for any vaccines?”
Source: Diabetes Canada; provincial immunization schedules

The four questions about your results

- What is my number? the actual value, written down.
- What was it last time? the trend matters more than one result.
- What is my target, and why that one? targets are individual.
- If it is off, what happens next? the plan, the interval, the reason.

RED FLAGS

Seek care now, not later, for: chest pain - trouble breathing - very high blood pressure with symptoms - passing little or no urine - confusion - sudden change in vision.

General information, not medical advice. It does not replace your doctor. Sources are named so you can check them yourself.

hardy4.tech

Questions and tests to ask your doctor

Chronic kidney disease

Has this been checked? If not, what would it change?

1. Both tests, every time: eGFR and uACR - a normal creatinine on its own does not rule out kidney disease.
   Ask: “Have I had both the eGFR and the urine albumin-to-creatinine ratio?”
Source: KDIGO 2024 CKD guideline

2. How often to repeat them - the interval depends on your risk category.
   Ask: “How often should these be repeated for my risk?”
Source: KDIGO 2024 risk heat map

3. Stage and trend - your GFR stage, and whether the number is falling.
   Ask: “What is my GFR stage, and is the number falling?”
Source: KDIGO 2024

4. Blood work beyond creatinine - hemoglobin, bicarbonate, calcium and phosphate are watched as kidney function changes.
   Ask: “Are my hemoglobin, bicarbonate, calcium and phosphate being checked?”
Source: KDIGO 2024

5. Medication dose check - kidney dosing changes, and some common pain pills are hard on kidneys.
   Ask: “Do any of my medicines need a dose review now, and should I avoid ibuprofen?”
Source: KDIGO 2024

6. Blood pressure and protein in the urine - the two things that most change the course of kidney disease.
   Ask: “What are my blood pressure and my urine protein doing over time?”
Source: KDIGO 2024

7. Referral question - when a kidney specialist should be involved.
   Ask: “At what point would you refer me to a nephrologist?”
Source: KDIGO 2024

The four questions about your results

- What is my number? the actual value, written down.
- What was it last time? the trend matters more than one result.
- What is my target, and why that one? targets are individual.
- If it is off, what happens next? the plan, the interval, the reason.

RED FLAGS

Seek care now, not later, for: chest pain - trouble breathing - very high blood pressure with symptoms - passing little or no urine - confusion - sudden change in vision.

General information, not medical advice. It does not replace your doctor. Sources are named so you can check them yourself.

Questions and tests to ask your doctor

High blood pressure

Has this been checked? If not, what would it change?

1. How the reading was taken - a validated automated device, seated, arm supported, five minutes of rest, average of two or more.
   Ask: “Was this reading taken with a validated device and the standard method?”
Source: Hypertension Canada

2. Out-of-office confirmation - one office reading can be wrong in both directions.
   Ask: “Should I confirm this with home readings or a 24-hour monitor?”
Source: Hypertension Canada

3. The home protocol - seven days, two readings in the morning and two at night, written down, averaged.
   Ask: “Can I use the home protocol and bring the average to my next visit?”
Source: Hypertension Canada

4. Annual labs - creatinine/eGFR, sodium and potassium, fasting lipids, and a urine ACR.
   Ask: “Are my annual blood and urine tests up to date?”
Source: Hypertension Canada

5. ECG - a heart tracing, and what it showed.
   Ask: “Have I had an ECG, and what did it show?”
Source: Hypertension Canada

6. My target, and why that number - targets differ with diabetes, kidney disease and age.
   Ask: “What is my target, and why that number for me?”
Source: Hypertension Canada

7. What would change the plan - weight, salt, alcohol, sleep apnea, and which medication and why.
   Ask: “What would change my plan, and which medication am I on and why?”
Source: Hypertension Canada

The four questions about your results

- What is my number? the actual value, written down.
- What was it last time? the trend matters more than one result.
- What is my target, and why that one? targets are individual.
- If it is off, what happens next? the plan, the interval, the reason.

RED FLAGS

Seek care now, not later, for: chest pain - trouble breathing - very high blood pressure with symptoms - passing little or no urine - confusion - sudden change in vision.

General information, not medical advice. It does not replace your doctor. Sources are named so you can check them yourself.