

Diabetes: Exams and Tests

For your diabetes care, you may see your primary care provider or a specialist 2 to 4 times a year. This page lists some of the regular exams and tests recommended for people with diabetes. To learn more, contact the American Diabetes Association (800-342-2383, www.diabetes.org).

Tests and immunizations



These should be done at least as often as stated below:

- Blood pressure check: every doctor visit
- A1C: at first, every 3 months; if controlled, then every 6 months
- Cholesterol and blood lipid tests: at least every 12 months.
- Urine tests for kidney function: every 12 months
- Flu shots: once a year
- Pneumonia shots: talk with your health care provider about which pneumonia vaccines are right for you..
- Hepatitis B shot: as soon as possible if you're under 60, or as advised by your doctor if you're older than 60
- Other vaccinations: keep them up to date
- Other tests: as advised by your doctor
- Individualized medical nutrition therapy: at least once, then as needed

Regular exams

The following exams help keep you healthy:

- **Foot exams.** Nerve and blood vessel problems can affect your feet sooner than other parts of your body. Make sure that your health care provider checks your feet at every office visit.
- **Eye exams.** You can have problems with your eyes even if you don't have trouble seeing. An ophthalmologist (eye doctor) or specially trained optometrist will give you a dilated eye exam at least once a year. If you see dark spots, see poorly in dim light, have eye pain or pressure, or notice any other problems, tell your health care provider right away.
- **Dental exams.** Gum disease (also called periodontal disease) and other mouth problems are common in people with diabetes. To help prevent these problems, see your dentist 2 or more times a year.

Ask your health care provider what other exams you'll need on a regular basis.