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Preparing for Your Diabetes or Metabolic Consultation

A simple guide to help you make the most of your appointment

A little preparation before your consultation can help provide a clearer picture of your health and make the discussion more productive.

You do not need to arrange new tests specifically for your appointment unless you have been advised to do so.

Bring Your Recent Medical Records

If available, bring relevant:

- Recent blood-test reports
- Previous prescriptions
- Hospital or discharge records
- Ultrasound, scan or other investigation reports
- Reports from other specialists relevant to your current condition

Older reports can also be useful when they show how your glucose, weight, cholesterol, thyroid function or other health parameters have changed over time.

Know Your Current Medicines

Bring your latest prescription or prepare a list of everything you currently take, including:

Medicine name | Dose | How often you take it

Remember to include:

- Insulin or injectable medicines
- Vitamins and supplements
- Over-the-counter medicines

If you are unsure of the names or doses, bringing the medicine strips, boxes or clear photographs can be helpful.

Do not stop your usual medicines before the consultation unless you have specifically been advised to do so.

Bring Your Home Readings

If you monitor your health at home, bring your recent records.

Depending on your condition, these may include:

- Blood glucose readings
- CGM reports



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- Blood pressure readings
- Weight records

Your glucometer or glucose-monitoring app may also contain useful information.

Patterns over time are often more informative than trying to remember a few individual readings during the consultation.

Think About What Has Changed

Before your appointment, consider whether you have noticed any recent changes in:

Weight | Appetite | Energy | Sleep | Physical activity | Menstrual cycles | Medicines | Symptoms

You don't need to prepare a detailed diary. Simply knowing what has changed and approximately when it started can be useful.

Know Your Medical & Family History

You may be asked about previous medical conditions and important health problems in your family.

In particular, it can be useful to know about a family history of:

- Diabetes
- High blood pressure
- High cholesterol
- Premature heart disease or stroke
- Thyroid disorders
- Obesity or other relevant metabolic conditions

Women may also be asked about previous **gestational diabetes, PCOS, pregnancy history or menopause**, where relevant to their care.

Prepare Your Questions

If there are things you particularly want to discuss, write them down before your appointment.

For example:

- Are my current medicines working appropriately?
- What should my glucose or blood pressure targets be?
- Do I need any additional tests?
- Which health risks are most important for me?
- What changes should I prioritise?



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- When should I follow up?

There is no need to prepare a long list. Start with the questions that matter most to you.

If Your Consultation Is Online

Before a video consultation:

- Keep your reports and prescriptions available
- Have your current medication details ready
- Keep recent glucose, blood pressure or weight records nearby where relevant
- Join from a quiet, private place
- Ensure your internet connection, camera and microphone are working

Instructions for sharing medical reports can be provided when your appointment is booked.

Your Appointment Checklist

Before your consultation, check that you have:

- Recent blood-test reports
- Previous prescriptions and relevant medical records
- Current medication and supplement details
- Glucose or CGM records, if applicable
- Home blood pressure readings, if applicable
- Relevant scans or imaging reports
- A brief note of important symptoms or recent changes
- Your main questions or concerns

Quick Takeaway

Bring your reports. Know your medicines. Share your readings. Tell us what has changed. Ask what matters to you.

You do not need to arrive with every possible investigation completed. Your consultation is also an opportunity to determine **which tests or assessments are actually appropriate for you.**

This guide provides general information to help you prepare for your consultation. Additional records or investigations may be requested depending on your individual clinical needs.