

Home Video Visit Patient Checklist

To make the most of your appointment with your diabetes specialist (endocrinologist), please:

1 to 2 weeks before your appointment:

- ☐ Have your blood work done at a community lab near you or at The Ottawa Hospital.

1-2 days before your appointment:

- ☐ Have your blood pressure taken either using a personal blood pressure monitor or at a community pharmacy.
- ☐ Check and record your weight.
- ☐ Provide us with 2 to 4 weeks of blood sugars prior to your appointment. Email your blood sugars to _____ or fax 613-738-8261.

You can send in your blood sugars by doing one of the following:

- ☐ Download your meter and send your results as above.
- ☐ Write down your results in a log book and email or fax them in with a scan or a picture.
- ☐ If you are using an insulin pump, please upload your pump.
 - If you are using Carelink: you will need to provide us with your username and password to view your results. Please email to the email above.
 - If you are using Diasend: the clinic number to share your data is 17-86053 for Animas and 87-90685 for OmniPod.
- ☐ If you are using a continuous or flash glucose monitor, please link your device to your pump upload (if possible) or send us your last week of data.
- ☐ Email us the fax number for your pharmacy and a current list of your medications. Let us know if you need prescription refills.
- ☐ Have your questions ready!

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To make the most of your appointment with your diabetes educators (nurse and/or dietitian), please:

1-2 days before the appointment:

- ☐ Provide us with 2 to 4 weeks of blood sugars prior to your appointment. Email your blood sugars to _____ or fax 613-738-8261.

You can send in your blood sugars by doing one of the following:

- Download your meter and send your results as above.
 - Write down your results in a log book and email or fax them in with a scan or a picture.
 - If you are using an insulin pump, please upload your pump.
 - If you are using Carelink: you will need to provide us with your username and password to view your results.
 - If you are using Diasend: the clinic number to share your data is 17-86053 for Animas and 87-90685 for OmniPod.
 - If you are using a continuous or flash glucose monitor, please link your device to your pump upload (if possible) or send us your last week of data.
- ☐ If you want to review your carbohydrate ratio, keeping 2-3 days of food logs is useful prior to the appointment (but not mandatory).
 - Have your questions ready!