

Annual check-up for diabetes



Remember to book an appointment for your annual check-up

The Norwegian Directorate of Health recommends an extended yearly check-up for those who have diabetes. The goal is to prevent and detect early development of late diabetic complications. In consultation with your physician, you should also plan how frequently you should attend check-ups between the annual check-ups. The annual check-ups include these standard examinations:

Blood samples: Lipids (LDL, HDL, TG, total cholesterol)
Kidney function tests (eGFR)
Long-term blood sugar (HbA1c)

Urine samples: Protein (albumin-creatinine ratio, ACR).

Other examinations:

Blood pressure
Foot examination
Weight
Eyes (every second year)

Time for next appointment: _____

Your goal for HbA1c is: _____

Remember to bring a urine sample to the annual check-up!

- Preferably morning urine, but if this is not possible, a random urine sample may be used
- You must not have a fever or urinary tract infection
- Avoid strenuous physical activity for the preceding 3 days



You can contribute to improving the treatment of diabetes in Norway by joining the Norwegian diabetes register for adults:

<http://www.noklus.no/Diabetesregisterforvoksne/Forpersonermeddiabetes.aspx>

You can find quality-assured information and help to cope with your diabetes by joining the Norwegian Diabetes Association: <https://www.diabetes.no/bli-medlem/>

