

# Annual **Diabetes** check up

**Your name**

**Your address**

You're invited to attend a check up with one of our diabetes nurses to help the long-term management of your diabetes

The check up will be **free of charge** and will last approximately **half an hour**.



standard observations  
(including blood pressure)



foot checks



urine test for early signs  
of kidney damage

You will also have a chance to discuss your diet and lifestyle with your nurse to help keep you informed in how to best manage your diabetes

Please bring a urine sample to your appointment.

**This needs to be the first urine of the day.**

Sample bottles are available from our reception or we can arrange to have one posted to you.



We would encourage you to please attend your check up so that we can work with you to manage your diabetes as effectively as possible.