

Diabetes & Dental Visit Information Sheet

Bring this sheet and your current medication list to your appointment. Record what you know; leave uncertain details for your care team to clarify.

Name / appointment date:

1. My care team

Dental office / phone:

Diabetes clinician / phone:

2. Health updates to share

Diabetes type / how long I have had it (if known):

Recent health or blood-sugar changes to discuss:

Recent low-blood-sugar episodes / concerns:

Medication changes / allergies to report:

☐ I will bring my prescription, over-the-counter, and supplement list.

3. Mouth symptoms or concerns

Examples: bleeding gums, dry mouth, soreness, chewing trouble, or loose teeth.

Questions & Care Instructions

Diabetes Dental Visit Sheet

4. Questions for my dental team

- What did you find about my gum health?
- Is dry mouth affecting my teeth, and what should I do?
- When should I return, and why?
- Do you need updated information from my diabetes clinician?
- If a procedure is planned, who will confirm any meal, fasting, medication, or blood-sugar monitoring instructions?

My additional question:

5. Instructions from my care team

Home care / dental treatment / next steps:

Procedure preparation (if applicable):

Instructions provided by / date / questions to confirm:

Follow-up appointment / who to contact:

Changes that should prompt a call:

Do not change meals or diabetes medicines for a dental procedure on your own. Ask your dental and medical teams for specific instructions in advance.

This sheet organizes information; it does not diagnose a condition or set a treatment plan. Contact your dental team about new mouth problems.