**At your annual diabetic review**

At your annual diabetes care review the nurse will:

* Take your height and weight (to check if you are under or overweight)
* Take your blood pressure
* Review your blood glucose control
* Review your [HbA1c](https://www.diabetes.co.uk/what-is-hba1c.html) and cholesterol levels
* Discuss any issues you have with your diabetes or health in general
* Advise any change in regime, lifestyle or medication - including any side effects

People who take [insulin](https://www.diabetes.co.uk/about-insulin.html) should also have their injection or [infusion sites](https://www.diabetes.co.uk/insulin/infusion-sets.html) checked.

You may also be asked whether you are suffering from depression or [sexual dysfunction](https://www.diabetes.co.uk/diabetes-and-sex.html), as these tend to be more common in people with diabetes.

**Eye examinations**

Diabetes retinopathy screening is part of your annual review and you will be offered an appointment at Northampton General Hospital for this.

### Foot check.

Your foot check is part of your review, you're entitled to it and it's free on the NHS. This is because you’re more likely to have serious foot problems and these can lead to amputations.

In most cases, serious foot problems can be prevented. You can do this by checking your feet yourself every day, and having a foot check at least once a year at the surgery - even if you’ve been referred to a foot specialist or clinic.

## What happens at your foot check

You’ll need to take off any dressings and footwear, including socks and tights. Your feet will be examined. Numbness or changes in sensation (also known as neuropathy) will be tested with a special piece of equipment.

## Diabetes leads to 169 amputations a week.

### That's 24 amputations a day and 1 amputation every hour. Going to your foot checks and knowing the signs to look out for could prevent this from happening.

**What will I need to bring/prepare?**

You will usually need to book a blood test appointment about a couple of weeks prior to the annual review.

The blood test will be used to check your HbA1c result as well as your cholesterol. This is a non-fasting test so continue to eat and drink prior to the appointment.

* Your latest blood glucose results (if self testing) This could be your [blood glucose monitoring diary](https://www.diabetes.co.uk/blood-glucose/blood-glucose-monitoring-diaries.html) or a print out. The clinician will often wish to view at least a month or two of results.
* A urine sample You can collect a white topped sample bottle when you have your blood test done. If not you can pick one up beforehand you can provide a sample at the practice
* Keep your feet clean. It probably goes without saying but, if you are [having your feet checked](https://www.diabetes.co.uk/diabetes-footcare.html) at your annual review, try to make sure your feet are clean.
* Prepare a list of questions or topics to discuss