



How to prepare for your dental appointment

Regular dental visits are vital for overall health, especially for people living with diabetes, who are at higher risk of gum disease, dry mouth, and infections. Follow the below tips on how to ensure a safe and effective visit:

Inform your dentist about your diabetes

- Medical history - share details of your diabetes, medications, allergies, and any complications.
- Emergency preparedness - agree on a signal if you feel 'low' to allow your dentist to be prepared for a hypoglycaemic event.
- HbA1c and medication list - take your latest HbA1c result and a list of medications
- Blood glucose levels - check your blood sugar before and after your appointment

Mobile phone access for continuous glucose monitoring (CGM) users

- Real-time monitoring - explain if you need phone access for continuous glucose monitoring.
- Alerts - inform staff that your phone may emit sounds for glucose fluctuations.

Mention if you have hypoglycaemia unawareness

- Lack of symptoms - if you don't feel typical signs of low blood sugar, let your dentist know.
- Preventive measures - the dentist may shorten sessions or allow breaks.

Try to schedule a morning appointment

- Reduced stress - earlier visits can mean shorter waits and lower stress.
- Cortisol levels - higher morning cortisol can help stabilise blood sugar.

Eat before your appointment

- Avoid fasting - unless instructed by your dentist, do not skip meals to prevent hypoglycaemia.
- Balanced meal - helps maintain stable blood sugar.

Take essential supplies

- Glucose tablets or snacks - for treating low blood sugar.
- Medications - take all necessary medications with you, particularly for long appointments.

Follow post-treatment care

- Healing awareness - diabetes can slow healing, so follow all aftercare instructions.

Attend regular dental checkups

- Frequency - visit your dentist at least twice a year, or as advised.
- Preventive care - attend supportive periodontal care appointments to reduce the risk of gum disease or its progression.

By preparing well and communicating openly with your dentist, you can ensure a safe, comfortable visit.