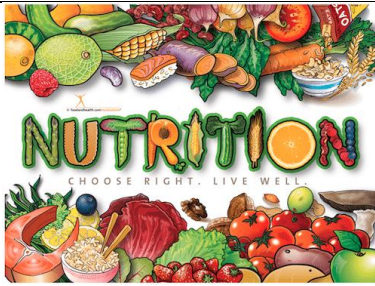


# APPOINTMENT REMINDER



## WELCOME TO THE GECKLE DIABETES AND NUTRITION CENTER!

443-849-2036 (Phone)

443-849-8999 (FAX)

APPOINTMENT DATE:

TIME:

LOCATION:



Geckle Diabetes and Nutrition Center  
6535 North Charles Street  
4<sup>TH</sup> Floor, Patient Pavilion North, Suite 405  
Baltimore, MD 21204

DIRECTIONS:



Using the main GBMC entrance from Charles Street

- Take a left at the first stop sign.
- Once you pass the Emergency Dept., the road will bear to the left.
- Park in Tulip Parking Garage
- Once you enter the main entrance, take the first left through the sliding glass doors to the North Pavilion.
- Take the elevator on your right to the 4<sup>th</sup> floor.
- We are located to the right of the elevator.

INSTRUCTIONS:



- **Please complete the attached Diabetes Self-Assessment form or complete in 'MyChart'.**
- **Please bring your photo ID and all insurance cards.**
- **Please bring a record of everything you ate and drank, including the amounts, for the past 2-3 days.**
- **If you are taking any medications, please bring a list of the names and doses.**
- **If you are currently checking your blood glucose, please bring your meter and records of your blood glucose results.**
- If you had a recent A1C done, please bring a record of the result, if possible.



- Your first appointment will last approximately 60 minutes.
- Any following appointments will be approximately one hour in duration.