**APPOINTMENT REMINDER**

**APPOINTMENT DATE:** ________________

**TIME:** ____________

**LOCATION:**
- Geckle Diabetes and Nutrition Center
- 6701 North Charles Street
- 2nd Floor, Main Hospital, Suite 2372
- Baltimore, MD 21204

**DIRECTIONS:**
- Enter the main GBMC gate from Charles Street
- Park in Rose Park and enter through the main entrance
- From the Main Lobby, walk past the Corner Shop (gift shop) to Elevator B.
- Take Elevator B down to Level 2.
- We will be located directly across from the elevator.

**INSTRUCTIONS:**
- Please complete all enclosed forms and bring them with you to your appointment.
- 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.

- Most appointments are approximately one hour in duration.