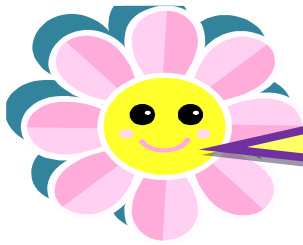




Geckle Diabetes and Nutrition Center  
 6701 N. Charles St., Suite 2372  
 Baltimore, MD 21204  
 P: 443-849-2036 F: 443-849-8999

## APPOINTMENT REMINDER



**WELCOME TO THE GECKLE  
 DIABETES AND NUTRITION  
 CENTER!**

**APPOINTMENT DATE:** \_\_\_\_\_

**TIME:** \_\_\_\_\_

**LOCATION:**



- Geckle Diabetes and Nutrition Center
- **6701 North Charles Street**
- **2<sup>nd</sup> 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.