

Transport Canada Type 2 Diabetic Requirement Checklist

To renew your civil aviation medical certificate for next year we will need more information concerning your diabetic condition. You should send us the following documents:

- ✓ Medical Examination Report (MER). [Annually, done at AC OHS]
- ✓ Interpreted 12-lead resting ECG tracing. [Annually, done at AC OHS]
- ☐ Screening tests for cardiovascular disease should commence after age 40. An exercise electrocardiogram reaching 8.5 METS on the Bruce protocol is the preferred exam but a CT calcium score may be acceptable. [Every 2 years]
- ☐ Fasting lipid profile (including total cholesterol, HDL, LDL and triglycerides). [Annually]
- ☐ Clinical report from your physician for diabetes* confirming good glycemic control, and the lack of any significant hypoglycemia or complication. [Annually]
- ☐ Recent HbA1c (this should be determined every three months). [Annually]
- ☐ Renal testing to include ACR (urinary albumin–creatinine ratio) and eGFR (estimated glomerular filtration rate). [Annually]
- ☐ Log of daily glucose monitoring (past 30 days). [Annually]
- ☐ Report from a vision care specialist including an evaluation of the retina to exclude diabetic retinopathy. [Annually]

*(a physician report, HbA1c and glucose log should accompany every MER)

