

GESTATIONAL DIABETES REFERRAL FORM

Randolph Health Diabetes & Nutrition Center

FAX TO (336) 625-9500

PLEASE ATTACH COPY OF THE FRONT/BACK OF **INSURANCE CARD**, RELEVANT **OFFICE NOTE** &
MOST RECENT **LAB REPORTS** If you have questions, please contact us at (336) 625-9400

Patient Information

Name: _____ DOB: ____/____/____ Phone: _____

Address: _____

Insurance: _____ Ht: _____ Wt: _____

Diagnosis ICD-10 Codes

- ☐ O24.410 Gestational DM, diet controlled
- ☐ O24.414 Gestational DM, insulin controlled
- ☐ O24.919 Gestational DM, unspecified
- ☐ O24.319 Pre-existing DM in pregnancy
- ☐ Other, ICD-10 code _____

		PATIENT RESULTS
	Reference Ranges	<input type="checkbox"/> 50 <input type="checkbox"/> 75 <input type="checkbox"/> 100 -gram glucose load
Fasting	(95 mg/dl)	
1-hour	(180 mg/dl)	
2-hour	(155 mg/dl)	
3-hour	(140 mg/dl)	

BARRIERS TO LEARNING ? ☐ YES ☐ NO

- ☐ Language: _____
- ☐ Hearing Impairment ☐ Visual Impairment
- ☐ Cognitive Deficit ☐ Physical limitations
- ☐ Other: _____

Provider Information

Referring Provider Printed Name: _____

Signature: _____

Date: _____ Time: _____

Phone: _____

PCP: _____

Plan of Care for Gestational Diabetes

☐ Initial Visit: 1-2 hours

- Assessment
- GDM diagnosis criteria
- Optimal glucose levels
- GDM risk to baby
- Meal planning
- Effects of exercise
- Monitoring
- Hypoglycemia treatment
- Future considerations

☐ Medical Nutritional Therapy

Dietitian to determine meal plan unless MD specifies

☐ Calorie level _____

☐ Glucometer Instruction

Unless otherwise prescribed, monitoring will be fasting and 2 hours postprandial.

Fasting goal:

☐ <95 mg/dl (default) ☐ Other _____ mg/dl

2-hour postprandial goal:

☐ <120 mg/dl (default) ☐ Other _____ mg/dl

☐ Insulin Instruction (1-2 hr session)

- Insulin type _____
- Dosage _____ Time _____
 - ☐ Pen ☐ Syringe

Follow-up Visit(s) 1/2 hour-1 hour

- Review of glucose records
- Review of food logs and meal planning
- Meal planning adjustments as warranted
- Assess for problems and concerns
- Future risk of diabetes for mother and child
- Reduce the future risk of diabetes
- Symptoms and diagnostic criteria for diabetes