## Diabetes in Pregnancy: Dietitian

### Anthropometry

- Current weight: ________ kg
- Pre-pregnancy weight: ________ kg
- Height: ________ cm
- Gestational weight gain: ________ kg
- BMI Pre-pregnancy:  
  - □ BMI <18.5  
  - □ BMI 18.5 – 24.9  
  - □ BMI 25 – 29.9  
  - □ BMI >30  
- Target weight gain:  
  - □ 12.5 – 18kg  
  - □ 11.5 – 16kg  
  - □ 7 – 11.5kg  
  - □ 5 – 9kg

### Self BGL monitoring:

<table>
<thead>
<tr>
<th>Date</th>
<th>Pre Breakfast (Fasting)</th>
<th>Post Breakfast</th>
<th>Post Lunch</th>
<th>Post Dinner</th>
<th>Hypoglycaemia</th>
</tr>
</thead>
<tbody>
<tr>
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<td></td>
<td></td>
<td>N/A</td>
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<td>No</td>
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<td>Yes, frequency</td>
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### Average:

### Diabetes medications:

- □ Nil
- □ Metformin
- □ Insulin (intermediate or long acting): ___________________________ Mane: Nocte: ___________________________
- □ Insulin (rapid acting): ___________________________ Breakfast: Lunch: Dinner: ___________________________

### Hypoglycaemia management:

- □ Check < 4mmol
- □ High GI Food
- □ Re-check > 4mmol
- □ Low GI Food

### Clinical (including other medications, biochemistry):

- □ SGA  □ Within normal limits  
  - □ LGA EFW: ________%  
  - □ AC: ________%  
  - □ /40
- □ Nausea
- □ Vomiting
- □ Poor appetite
- □ Constipation
- □ Heartburn

### Supplements:

- □ Folate
- □ Pregnancy Multivitamin
- □ Iodine
- □ Vitamin D
- □ Iron
- □ Other: ___________________________

### Medical history:

- □ Previous GDM
- □ Coeliac Disease
- □ Other: ___________________________

### Other medications:

- ___________________________

### Social:

- ___________________________

### Physical activity:

- ___________________________
### Diet history:

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Morning tea</th>
<th>Lunch</th>
<th>Afternoon tea</th>
<th>Dinner</th>
<th>Supper</th>
<th>Overnight</th>
<th>Discretionary</th>
<th>Drinks</th>
<th>Takeaways/eating out</th>
<th>Glycaemic Index</th>
</tr>
</thead>
<tbody>
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### Carbohydrate

<table>
<thead>
<tr>
<th>Grains (cereal):</th>
<th>Meat and alternatives:</th>
<th>Vegetable:</th>
<th>Fruit:</th>
<th>Dairy:</th>
</tr>
</thead>
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</tbody>
</table>

### Nutrition diagnosis:

- [ ] Nil
- [ ] Excessive
- [ ] Inadequate
- [ ] Inconsistent
- [ ] Inappropriate type of

- [ ] Oral intake
- [ ] Energy intake
- [ ] Carbohydrate intake
- [ ] Other:

### Related to:

As evidenced by:

### Resources provided:

- [ ] Australian Guide to Healthy Eating in Pregnancy and Breastfeeding
- [ ] Healthy Eating During Pregnancy
- [ ] Healthy Eating for GDM
- [ ] Postnatal Healthy Lifestyle Programs
- [ ] Other:

### Education provided:

- [ ] Carbohydrate Foods
- [ ] Serve Sizes
- [ ] Glycaemic Index (GI)
- [ ] Healthy Weight Gain in Pregnancy
- [ ] Physical Activity
- [ ] Food safety
- [ ] Healthy Eating in Pregnancy
- [ ] High Energy High Protein Diet
- [ ] Hypoglycaemia
- [ ] Postnatal GDM Recommendations
- [ ] Plate Portioning
- [ ] Other:

### Client’s goals/actions

- [ ] Review:
- [ ] Nil review required

Name: ___________________________ Signature: ________________________
Designation: Dietitian Contact: ___________________________