



# Gestational Diabetes Health Questionnaire

Please complete both pages of this form and bring it with you to your first visit with the diabetes educators.

We are located at  
 12303 NE 130<sup>th</sup> Lane  
 Kirkland, WA 98034  
 Take the Coral elevator to Suite 325

For directions or information call  
 425.899.3008

<b>Health History</b>	
What is your expected due date?	Please list any concerns about your health:
Number of previous pregnancies: Number of previous deliveries:	Have you previously had gestational diabetes, PCOS, or been diagnosed with pre-diabetes? <b>Y / N</b> If Yes, when?
Do you use tobacco? <b>Y / N</b> Do you use alcohol? <b>Y / N</b>	Do you have a family history of diabetes? <b>Y / N</b> If Yes, who?
Medications, vitamins or other supplements that you are taking now:	Height: Pre-pregnancy weight: Was this a normal weight for you? <b>Y / N</b> Any weight fluctuation prior to pregnancy? <b>Y / N</b> If so, how much? <span style="float: right;"><b>Gained / Lost</b></span>
Medication allergies:	What is your usual level of activity or exercise?
Do you have any issues with food or eating? If so, please describe:	
What do you want to be sure to talk about today?	
Main Pharmacy of Choice:	
Name:	Location:

### Gestational Diabetes Pre-Visit Food Record:

Please complete a 3-day food record. Try to include days that are typical for you. Be sure to record beverages and fluids. Include as much detail as you can. For example: “6 inch sub sandwich on whole wheat with sliced turkey and lettuce and mayo” not “turkey sandwich”

<b>Day 1</b>	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
<b>Day 2</b>	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
<b>Day 3</b>	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>

Tips to help manage your blood sugars:

1. Drink water or unsweetened beverages instead of regular sodas or sweet tea.
2. Avoid *all* fruit juices and smoothies.
3. Eat at least 3 times each day.
4. Get some exercise or activity each day.