

# Sun City Women's Health Care

1440 George Dieter, Suite A, El Paso, Texas 79936

## *OB Diabetic Warnings*

I \_\_\_\_\_, willingly accept / not accept the plan of care as designated by my physician and his associates, in order to attempt to control my Gestational Diabetes Mellitus or Pre-Gestational Diabetes Mellitus. I must follow: (circle those that apply)

- (1) Meal Plan
- (2) Home Glucose Monitoring
- (3) Insulin Regimen

Furthermore, I understand that all pregnancies have some risk of developing the problems below. However, if I do not control my blood sugars my baby could be at much higher risk for the following:

- (1) **Possible Malformation ( not formed properly )** – The baby may have malformation of the heart, spine, limbs, and central nervous system, or other malformation.
- (2) **Pre-Term Labor** – Labor that starts (prior to nine months) before the baby has developed enough to be born healthy.
- (3) **Intrauterine Fetal Death** – Baby dying in the uterus before birth (miscarriage).
- (4) **Macrosomia with associated Shoulder Dystocia and Permanent Nerve Damage** – The baby may grow so large that it gets stuck in the vagina during delivery, damaging the nerves / muscles that the baby needs to properly use its neck and arms.
- (5) **Mental Retardation** – The baby may be unable to learn properly and progress in school as expected. It may be so severe that the baby may not be able to care for itself even after it grows up.
- (6) **Fractured Bones** – The baby's bones, especially those of the shoulders and arms may break during the delivery. This can cause other damage to blood vessels, nerves and muscles.
- (7) **Asphyxia** – Lack of oxygen to the baby's brain before the actual delivery or during. This can cause permanent brain damage and severe mental retardation.
- (8) **Hypoglycemia** – The baby's blood sugar may drop to dangerously low levels after it is born causing irritability, convulsions and in severe cases brain damage.
- (9) **Increase Risk of Cesarean Section** – The baby may have to be delivered through a cut on the mother's abdomen. This places the mother at many more risks of complication to herself.
- (10) **Polycythemia** – Increase in red blood cells ("thick blood") causing an increase in bilirubin (jaundice). If severe, this too can cause severe brain damage.
- (11) **Low Calcium** – Baby may have weak bone formation.

I understand all risks and the importance of controlling my blood sugar levels during my pregnancy to prevent or minimize the listed risks. My doctor and or his associates have explained the risks to me and I have read and understand them. Any questions I had were answered to my satisfaction.

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Nurse's / CMA's Signature: \_\_\_\_\_ Date: \_\_\_\_\_