

# Nepean Diabetes Service

Serving the people of Penrith, Hawkesbury  
Blue Mountains, Lithgow and Portland



**Health**  
Nepean Blue Mountains  
Local Health Network

Phone: 4734-3974  
Fax: 4734-3979

## Diabetes Education Referral Form

**All services provided by the Diabetes Service are FREE**

Name \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_

Phone: \_\_\_\_\_ (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Mobile)

### Diabetes Type:

TYPE 1  TYPE 2  IGT / IFG

Year Diagnosed: \_\_\_\_\_

Newly Diagnosed:  \_\_\_/\_\_\_/\_\_\_

### Blood Glucose Results:

*(particularly if newly diagnosed otherwise anything relevant)*

<b>Fasting</b>	___/___/___	(1st)	___/___/___	(2nd)
<b>2 hour</b>	___/___/___	(1st)	___/___/___	(2nd)
<b>GTT</b>	___/___/___	(fasting)	(2hr)	
Acute symptoms of diabetes? <input type="checkbox"/> (diagnostic criteria) ➔				

Diabetes medications: *(below)* or Diet only

Name (dose):	B/fast	Lunch	Dinner	Bed

Comments: *(if any or place surgery stamp here)*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### PRE SURGICAL CONSULT

Is this patient awaiting surgery?

Yes  No

Type of surgery

\_\_\_\_\_

\_\_\_\_\_

Planned date \_\_\_/\_\_\_/\_\_\_

Most recent HbA1c \_\_\_\_\_ %

Date of HbA1c \_\_\_/\_\_\_/\_\_\_

### DIAGNOSING DIABETES

On 2 consecutive occasions:  
fasting plasma glucose  
> 7.0 mmol/L

or

On 2 consecutive occasions:  
random plasma glucose  
> 11.1 mmol/L  
(a random should be at least  
2 hours after a meal)

or

One of each on different days

or

An elevated fasting or an elevated  
random BGL with symptoms of diabetes

or

### Oral Glucose Tolerance Test (OGTT)

FBGL > 7.0, and / or 2 hour > 11.1  
is Diabetes

FBGL 6.1-6.9

is Impaired Fasting Glycaemia

2 hour 7.9-11.0

is Impaired Glucose Tolerance

*Adapted from: Diabetes in General Practice 2010/2011*

Referring Doctor's Name: \_\_\_\_\_ Phone No: \_\_\_\_\_

Surgery: \_\_\_\_\_ Date of referral: \_\_\_/\_\_\_/\_\_\_

**When completed you can fax this form to 4734-3979**

**Please give a copy to your patient and ask them to call 4734-3974 for an appointment**