

General Medical Center

500 University Avenue, Palo Alto, CA 94301

Tel: (650) 723-4000 | Fax: (650) 723-4001

PATIENT DISCHARGE SUMMARY

Patient Name:

Fatima Al-Hassan

Date of Birth:

08/17/1993

MRN:

GMC-2026-11029

Admission Date:

01/29/2026

Discharge Date:

01/30/2026

Attending Physician:

Dr. Elena Martinez, MD (OB/GYN)

Primary Language:

Arabic

Discharge Disposition:

Home with outpatient follow-up

PRINCIPAL DIAGNOSIS

G3P2 at 28 weeks gestation. Newly diagnosed Gestational Diabetes Mellitus (GDM) Class A2, requiring insulin therapy. Fasting glucose 126 mg/dL, 2-hour postprandial 198 mg/dL on glucose tolerance test.

SECONDARY DIAGNOSES

- Iron deficiency anemia of pregnancy
- Obesity, BMI 32

HOSPITAL COURSE

Patient admitted for evaluation and management of newly diagnosed gestational diabetes after abnormal glucose tolerance test. Maternal-fetal medicine consulted. Started on insulin therapy with education. Dietitian provided medical nutrition therapy education. Patient demonstrated competence in glucose monitoring and insulin administration. Fetal non-stress test reactive. Discharged with close outpatient follow-up.

DISCHARGE MEDICATIONS

- Insulin Lispro 4 units - Inject subcutaneously before meals. Titrate per sliding scale provided.
- Prenatal Multivitamin - Take 1 tablet by mouth daily.
- Ferrous Sulfate 325 mg - Take 1 tablet by mouth daily for anemia.

FOLLOW-UP APPOINTMENTS

- High Risk OB Clinic: Dr. Elena Martinez - February 8, 2026 at 8:00 AM - Women's Health Center
- Nutritionist Consult: Same day - February 8, 2026 at 9:00 AM - Same location
- Diabetes Educator: February 5, 2026 at 1:00 PM - Diabetes Management Center - Call (650) 723-4500

DAILY SELF-CARE INSTRUCTIONS

- Monitor blood glucose 4 times daily: fasting (before breakfast) and 2 hours after each meal.
- Log all glucose values in the provided logbook and bring to all appointments.
- Follow the carbohydrate-controlled meal plan provided by the dietitian.
- Take insulin exactly as prescribed; do not skip doses.
- Perform daily fetal kick counts: count 10 movements within 2 hours after meals.

WARNING SIGNS - SEEK IMMEDIATE MEDICAL ATTENTION

- n Decreased fetal movement (fewer than 10 kicks in 2 hours)
- n Vaginal bleeding or leakage of fluid
- n Persistent severe headache or vision changes (signs of preeclampsia)
- n Blood glucose less than 60 mg/dL or greater than 200 mg/dL despite following plan
- n Signs of infection: fever, chills, painful urination