

Who can help?

Make an appointment with your GP or practice nurse who will then refer you to a specialist diabetes-pregnancy team where you can receive the help and support to improve your diabetes control and prepare for pregnancy:

- A specialist team will usually involve seeing a:
 - Diabetes Consultant
 - Diabetes Specialist Nurse
 - Diabetes Dietitian
 - Specialist Midwife

Further Information

Further information and advice on diabetes and pregnancy can be obtained from your local Diabetes Team **OR** visit Diabetes UK website: www.diabetes.org.uk

Where to get help:

Your Diabetes team contact-

Name:.....



Your Midwifery Team contact-

Name:.....



Local Hospital Contact No.-

Name:.....



Other:

Name:.....



Care Planning: *This leaflet should only be used with the ongoing advice from your Diabetes Team, as part of your plan of care.*

Diabetes in Pregnancy Advisory Group



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Do you have Diabetes? Planning a Family?



Key Facts You Need to Know

Are you thinking about having a baby?

- Happily, the majority of women with diabetes who become pregnant give birth to healthy babies.
- **BUT**, diabetes increases the risk of complications both to the baby and the mother. The chance of miscarriage is higher and the chance of the baby having a birth defect is doubled.
- Planning your pregnancy reduces these risks.
- Therefore **planning** your pregnancy **before becoming pregnant** is very important.



What can you do?

- **PLAN** your pregnancy with your diabetes team and your GP & practice nurse.
- It is important you get advice and achieve good control of your diabetes **before you stop your contraception.**



Steps in Planning Your Pregnancy

Improve Blood Sugar Control

Make sure your blood sugar is as near to normal as possible, at least three months before stopping contraception. This means:

- Your **HbA1C test** should be less than 6.5% (48mmol/mol) ideally.
- Your **blood glucose levels** before meals should be between 4.0 – 5.9mmol/L and less than 7.8mmol/L one hour after a meal.
- Testing your blood glucose more frequently to check if they are OK.

Medication Review

- Make an appointment with your GP to discuss the current tablets you are taking and any necessary changes in your diabetes medication.
- Certain tablets should NOT be taken as they can harm the baby - especially 'statins' for cholesterol and 'ACE-inhibitors' for blood pressure

Folic Acid

- It is important to take daily high-dose Folic Acid supplements for at least 3 months before pregnancy and for the first 3 months of pregnancy.
- Lack of Folic Acid puts your baby at a higher risk of developing birth defects.
- Folic Acid 5mg a day is advised and must be prescribed by your GP.

Eye and Kidney Checks

Your GP or diabetes team may arrange for your eyes and kidneys to be checked to see if your diabetes has affected them.

Smoking

It is advisable to stop smoking before becoming pregnant. To get help and support with this, phone the free NHS smoking helpline 0800 0224 332 or visit: www.smokefree.nhs.uk

Alcohol

It is recommended that you stop drinking alcohol before and during your pregnancy.

Rubella

Have your **Rubella** (German Measles) status checked by a blood test: if you are not immune to this, then you will need to be vaccinated.

Nutrition

Eating a healthy diet before and during pregnancy will help your baby develop and grow, as well as keeping you fit and well. A dietitian will be able to provide you with specific dietary advice to help you keep your blood sugar levels controlled. Ask your GP to refer you.

If you are overweight it is recommended that you try and reduce your weight prior to getting pregnant to improve the outcomes in pregnancy.

Already Pregnant?

If you think you could be pregnant already, make an **urgent** appointment with your GP so that you can be referred to the specialist diabetes-pregnancy team **as soon as possible**.