

## Unplanned Pregnancy

### Medication Advice:

- Start Folic acid 5mg daily
- Aspirin 75 mg od to start at 12 week gestation
- Stop statins
- Change antihypertensive medications to methyldopa, nifedipine, labetalol if indicated.

### Eye Checks

- Advise patient to contact retinal eye screening on 01225 582 300 (EMISCare) asap
- If already under GWH ophthalmology, inform the consultant by letter of the pregnancy for appointments during the 1st, 2nd and 3rd trimester.

If eGFR <45 or proteinuria consider nephrology referral

Refer patients to **joint antenatal diabetes clinic (Dr Santosh/Dr Vaks)**  
GWH letters to be sent/ faxed to diabetes department, Osprey Unit GWH

**Introduce consistent blood glucose monitoring 4 times a day pre breakfast and 1 h post meal**

### Blood Glucose and HbA1c targets:

- Fasting glucose <5.3mmol/l
- 1 hour after meals <7.8mmol/l
- 2 hours after meals <6.4mmol/l
- Hba1C < 48mmol

### Risks to baby if Hba1c > 48mmol

- Miscarriage
- Congenital malformation
- Stillbirth,
- Neonatal death.

**If HbA1c >86mmol strongly advise women on associated risk**

*Our Values*

**Service Teamwork Ambition Respect**