



**What if I am pregnant and did not plan it?**

- See your Doctor **as soon as** you think you might be pregnant.
- Discuss your diabetes and ask for an urgent referral to see your antenatal diabetes team.
- Check that all your tablets are safe during early pregnancy.
- Start checking your blood glucose levels regularly so that your diabetes treatment can be made safe and effective as quickly as possible.
- Ask to be put on **Folic Acid 5mgs** immediately.

For more information about pregnancy and diabetes contact your antenatal clinic or visit [www.diabeteswa.com.au](http://www.diabeteswa.com.au)

[If this leaflet has come at a bad time, caused you any concern or is not relevant to you, please accept our sincere apologies]



**Pregnancy Planning**

**See your Health Worker,  
Doctor, Midwife or Dietitian  
for more information.**



**PLANNING A  
FAMILY,  
PREGNANCY &  
DIABETES**



**Look after yourself  
Before you have a baby**



