

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

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



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









PLANNING A FAMILY, PREGNANCY & DIABETES











Why it is important to read this?

Most women with diabetes have normal pregnancies and healthy babies. Poorly controlled diabetes in pregnancy has a risk of serious complications is 1 in 10 babies.

Without diabetes the risk of serious complications is 1 in 50.

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If you plan you pregnancy with your diabetes team, your risk of serious complications is closer to women not having diabetes.

Most damage is done very early (first 6-7 weeks) in pregnancy, so it is important to get advice about preventing complications if you are thinking about having a baby. So *before* you stop your contraception to become pregnant make sure you are in good health.

What are the risk factors for serious complications during pregnancy in women with diabetes?

- Your pregnancy was not planned with your diabetes team.
- Blood glucose levels are higher than is healthy for your baby in the first 6-7 weeks of pregnancy.
- Not starting 5mgs of Folic Acid daily when you stop your contraception.
- Taking medications, other than insulin for your diabetes. Including some tablets taken for blood sugar control, blood pressure (ACE inhibitors) and cholesterol (statins).
- Smoking yourself, or passive smoking from other people who you live with.
- Being overweight before pregnancy.
- ⊗ If you are not immune to Rubella.

If any of these risk factors are true for you, then if you even start thinking about having a baby, please contact your Doctor or diabetes care team. They can help you reduce your risks of serious pregnancy complications.

How can you Plan for your Pregnancy?

- √ See your Doctor as soon as you even start thinking about having a baby
- ✓ Make an appointment with your diabetes team, if you are thinking about having a baby in the next 12 months. They will review your diabetes treatment before you stop your contraception.
- Ask your Doctor to review all your medications especially for blood sugar control, blood pressure and cholesterol.
- ✓ Ask your Doctor for Folic Acid 5mgs daily
- Start checking your blood glucose levels before breakfast and 2 hours after breakfast, lunch, dinner.
- √ Stop smoking or discuss this with the people you live with.
- √ Ask for support on food choices to provide your baby with a good start.
- √ Ask if you need the Rubella vaccination.