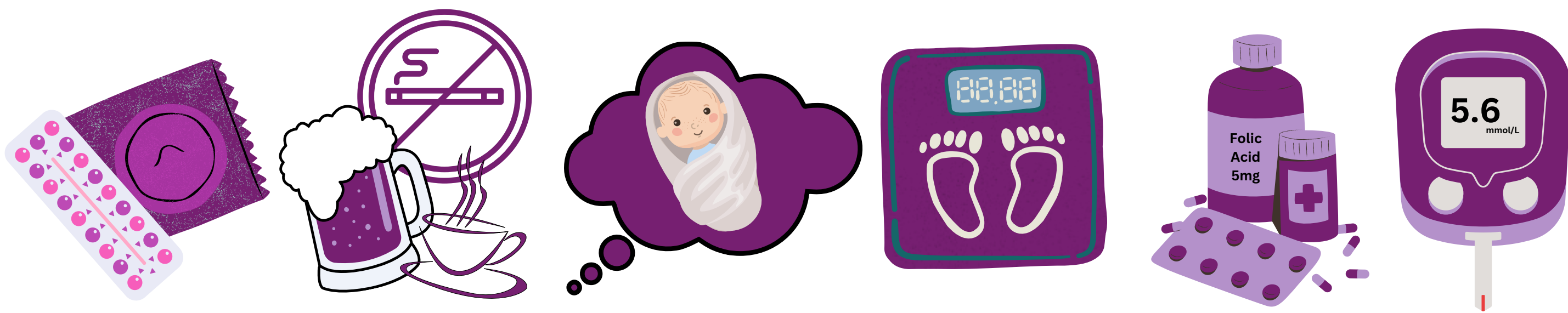


Pre-Conception Advice For Women With Diabetes

Things to do *before* you become pregnant

Evidence tells us that following the below advice before becoming pregnant reduces the risks associated with diabetes in pregnancy for mothers and babies



Avoid unplanned pregnancy by using effective contraception

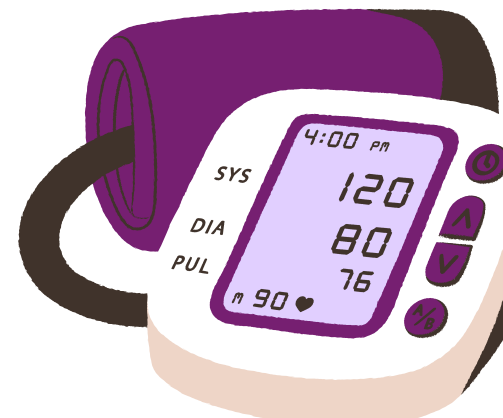
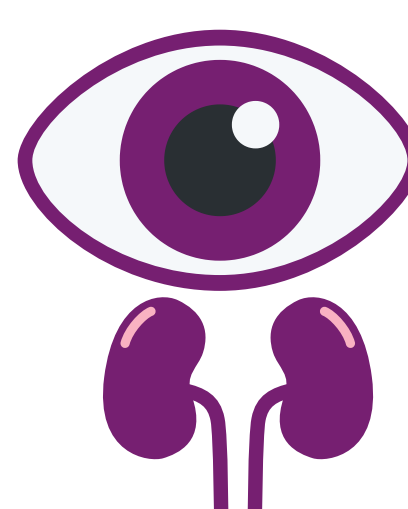
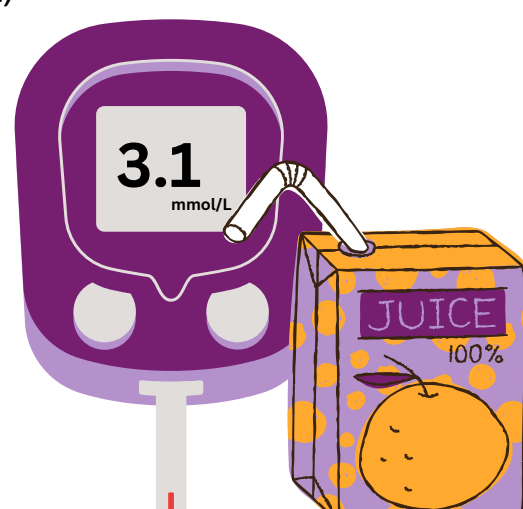
Stop smoking, avoid alcohol and limit your caffeine intake to <200mg per day (e.g. 2 mugs of instant coffee or 2 mugs of tea)

Tell your GP if you are thinking about having a baby. Your GP can refer you to your local diabetes team

Eat healthily and exercise. Aim for a BMI of 19-30 kg/m² (ideally <27 kg/m²)

Start taking Folic Acid 5mg daily at least 3 months **before** stopping contraception (this can be prescribed by your GP)

Regular monitoring of blood sugars. Aim for 5-7mmol/L on waking, 4-7mmol/L before meals and 5-9mmol/L after meals if safely achievable



Ask about a formal diabetes education programme to help improve your understanding of diabetes

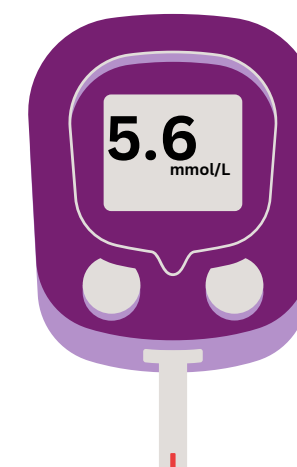
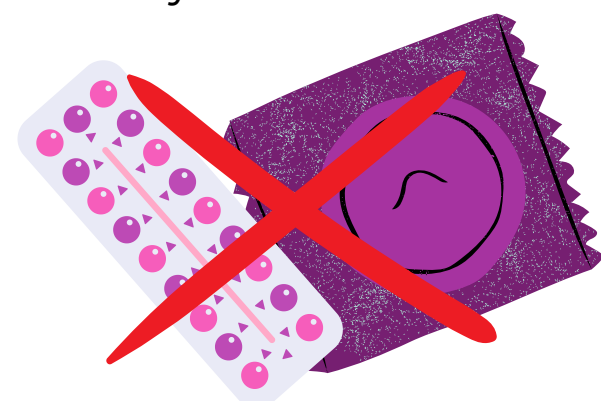
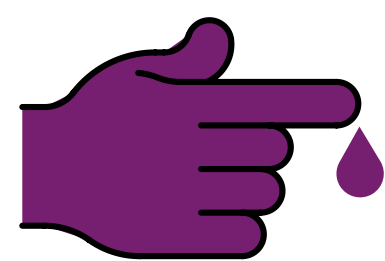
Test ketones when blood sugars are above 15mmol/L (above 10mmol/L once contraception stopped) or if unwell. Know your sick day rules

Know about hypos or hypoglycaemia (blood sugars less than 4mmol/L) due to the risk of impaired awareness of hypos during pregnancy

You will need to have your eyes and kidneys checked

You will need a review of your blood pressure & cholesterol before pregnancy

Ask your GP to check all medications that you take to ensure they are safe for pregnancy



Aim your HbA1c* to the pregnancy target of less than 48mmol/mol (6.5%) if safely achievable without causing you problems with hypos

Stop contraception once HbA1c* is at the pregnancy target & you have been on Folic Acid 5mg daily for 3 months or more

Positive pregnancy test?

Ask your GP or diabetes team for an early referral to the Diabetes and Antenatal team at your local hospital

Continue taking Folic Acid 5mg daily up to 12 weeks of pregnancy

Continue to monitor your blood sugars as advised and seek advice if they are consistently above your set targets

*HbA1c is your average blood sugar over 3 months