

Do you have Pre-existing Diabetes? Thinking of planning a family?



Six steps to take before starting your family to improve your health and your baby's health.

Information for women, relatives
and carers

Why a bit of planning is important.

The majority of women with diabetes have normal pregnancies resulting in healthy babies. Having diabetes can increase the chances of serious complications for both yourself and your baby.

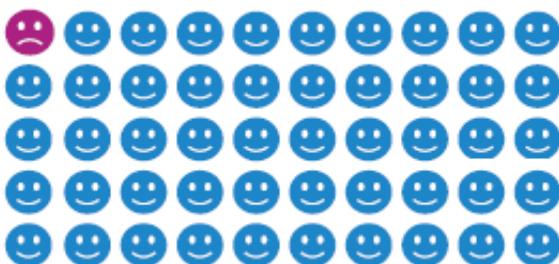
We know the first 6 weeks of pregnancy is the most crucial for your babies development. If you are planning to have a baby it is important to look after yourself for both the baby's and your long term health.

Ideally you should see your General Practitioner (GP) or diabetes team 6 months to a year before stopping your contraception for preconception advice and care.

Risk and Complications



There is evidence that women who do not plan their pregnancy have a 1:10 chance of serious complications, (miscarriage, pre eclampsia, preterm labour, still birth and serious heart or other defects).



Reassuringly we know if you plan your pregnancy with your health team you reduce this risk to 1:50.

Six Steps to reduce risk and complications

1. Plan Make an appointment with your GP as soon as you can. You will be referred to your Diabetes Team. They will work with you to help you to be as healthy as possible regarding diabetes and general health prior to conception.
2. Control blood glucose levels Test your blood glucose levels before and 1- 2 hours after meals and before bed aiming to get your HbA1C as close to 48 mmols as possible.
3. Start taking Folic Acid tablets. Start taking 5mg Folic Acid 3 months prior to conception to help prevent birth defects, especially to the heart and spine. You will need a prescription from your healthcare professional.
4. Have your medication reviewed prior to conception. Not all tablets are safe in early pregnancy and alternatives can be given, for example blood pressure tablets, statins and Oral diabetic medication.
5. Diet and nutrition. See a dietitian to discuss reaching optimal weight prior to conception. You should have an understanding about a good nutritious diet before and while pregnant and be aware of appropriate weight gain .
6. Alcohol and smoking. Discuss alcohol consumption and smoking in pregnancy with your healthcare professional who can refer you to respective specialists and helplines. The Department of Health advises not to drink alcohol at all whilst pregnant to keep risks to your baby to a minimum.

For more information about pregnancy and diabetes visit
www.diabetes.org.uk

Already Pregnant?

Contact the specialist Team

1. Contact your GP or Diabetes Team as soon as possible. They will:
 - Make an urgent referral to the Maternity Department. You should receive an appointment within 1-2 weeks.
 - Give you a prescription for 5mg Folic Acid.
 - Review your medication.
2. You will need to start testing your blood glucose levels before and 1 hour after meals and before bed. To enable your diabetes team to adjust your medication safely.

REMEMBER - we are here to help you

Frimley Park Hospital

Diabetes specialist nurses

0300 613 4701

Diabetes specialist midwife

0300 613 4880

Wexham Park Hospital

Diabetes Specialist Midwife

0300 615 4512

For a translation of this leaflet or for accessing this information in another format:

Large Print



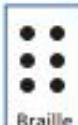
Easy to Read



Translation



Audio



Braille

Please contact (PALS) the Patient Advice and Liaison Service on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

Wexham Park & Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net

Frimley Park Hospital Portsmouth Road Frimley Surrey, GU16 7UJ	Heatherwood Hospital London Road Ascot SL5 8AA	Wexham Park Hospital Wexham Slough Berkshire, SL2 4HL
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Hospital switchboard: 0300 614 5000

Website: www.fhft.nhs.uk

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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.

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