

What if I am pregnant and did not plan it?

Don't panic – the specialist team at the hospital will see you as soon as possible to give you support, information and care.

1. Visit your GP as soon as you can
 - for referral to the maternity unit;
 - to get a prescription for 5mgs Folic Acid;
 - to review your medication.
2. Start testing your blood glucose levels before and 1 hour after meals, and before bed so that your diabetes treatment can be adjusted to be as safe and as effective as possible.



The Eastern Academic Health Science Network www.eahsn.org is working with local healthcare teams to support women with diabetes who are planning pregnancy.

Email: EAHSN@nhs.net

Remember your GP and Diabetes team are here to help you have an enjoyable pregnancy and a healthy baby. Get in contact with them before you stop using contraception.



Useful links:

www.fpa.org.uk

The website of the Family Planning Association – all you ever wanted to know about contraceptive methods. It has an excellent and easy-to-use contraception tool that helps you find the best methods for you, taking into account any medical conditions.

www.diabetes.org.uk

Has a good section on pregnancy in the "Living with diabetes" section and information on contraception in the "info for teenagers" section. Also a section on giving up smoking.

www.womenwithdiabetes.net

Lots of information, video clips and other women's stories.

Pregnant with Diabetes App – free from Google Play. Loads of information including planning for pregnancy.

Important information for women with Type 1 or Type 2 Diabetes

Having sex or planning to have sex in the future?
Read on.....



Why are we giving you this?

Women with diabetes can get pregnant just like anyone else.

If you are not planning a baby, talk to your GP about contraception. There are plenty of contraceptives that are safe for you.

If you are planning a pregnancy, we want this to be an enjoyable and safe experience for you. So see your GP/ practice nurse or diabetes team as soon as possible 6 -12 months before stopping contraception.

Most women with diabetes have normal pregnancies resulting in healthy babies, but having diabetes does increase the chance of serious complications both for you and your baby. For women with diabetes **who do not plan** their pregnancy, the risk of a serious complication (e.g. miscarriage, stillbirth, serious heart or other defect in the baby) is about 1 in 10.



Reassuringly, research shows that if you plan your pregnancy with your diabetes team, your risk of serious complications falls close to that of women without diabetes (1 in 50).

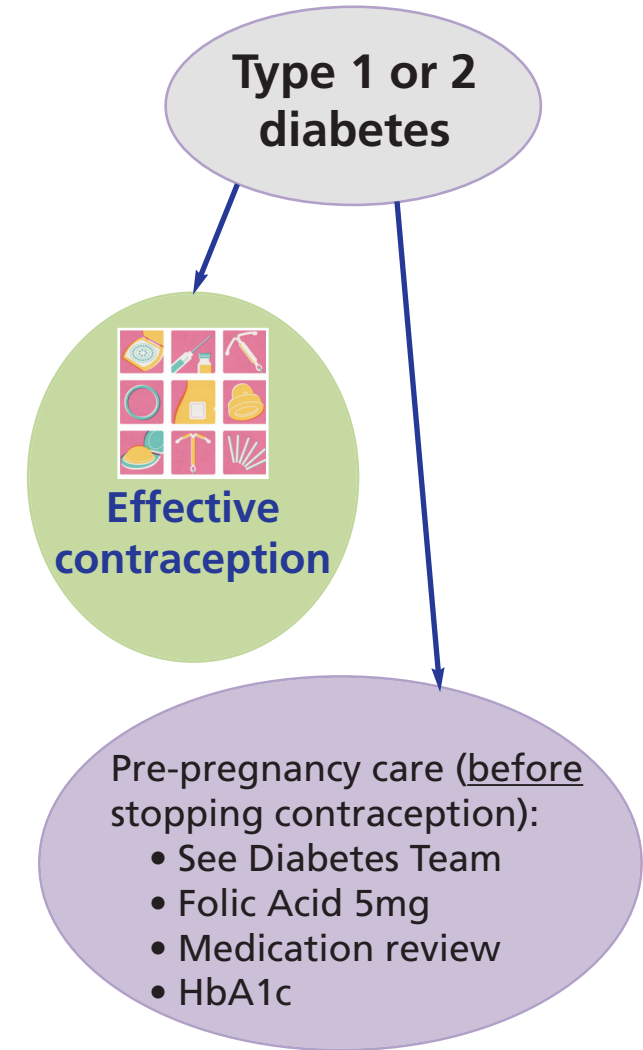


Pregnancy-planning is important because most of the damage is done very early, (during the first 6 weeks of pregnancy, which is before many women know they are pregnant).

You and your baby are less likely to have serious complications during pregnancy if:

- You plan your pregnancy with the support of your diabetes team.**
Make an appointment with your diabetes team if you are thinking of becoming pregnant in the next 6 to 12 months. They will work with you to achieve everything listed below.
- Your blood glucose is well-controlled and your HbA1c is below 7% or 53 mmol/mol.**
 - Test your blood glucose levels before and 1 hour after meals, and before bed.
 - If your HbA1c is more than 10% or 86mmol/mol, avoid pregnancy until it reaches the target level.
 - If you have Type 2 Diabetes, you may well be able to achieve an HbA1c of 6.1% or 43 mmol/mol.
- You start taking 5mg Folic Acid tablets daily before conception to help prevent birth defects (especially heart and spine).** You will need a prescription for this from your GP.
- Your doctor helps you to change your medication**, particularly some blood pressure, cholesterol and diabetes tablets, to ones that are safe to take in pregnancy.
- You ask to see a dietitian to discuss nutrition and pregnancy, and/or refer yourself (or ask to be referred) to a stop-smoking specialist **if you are overweight and/or a smoker.**

TAKE CONTROL



If this information has come at a bad time, caused you concern or is not relevant to you, please accept our sincere apologies and feel free to let us know.