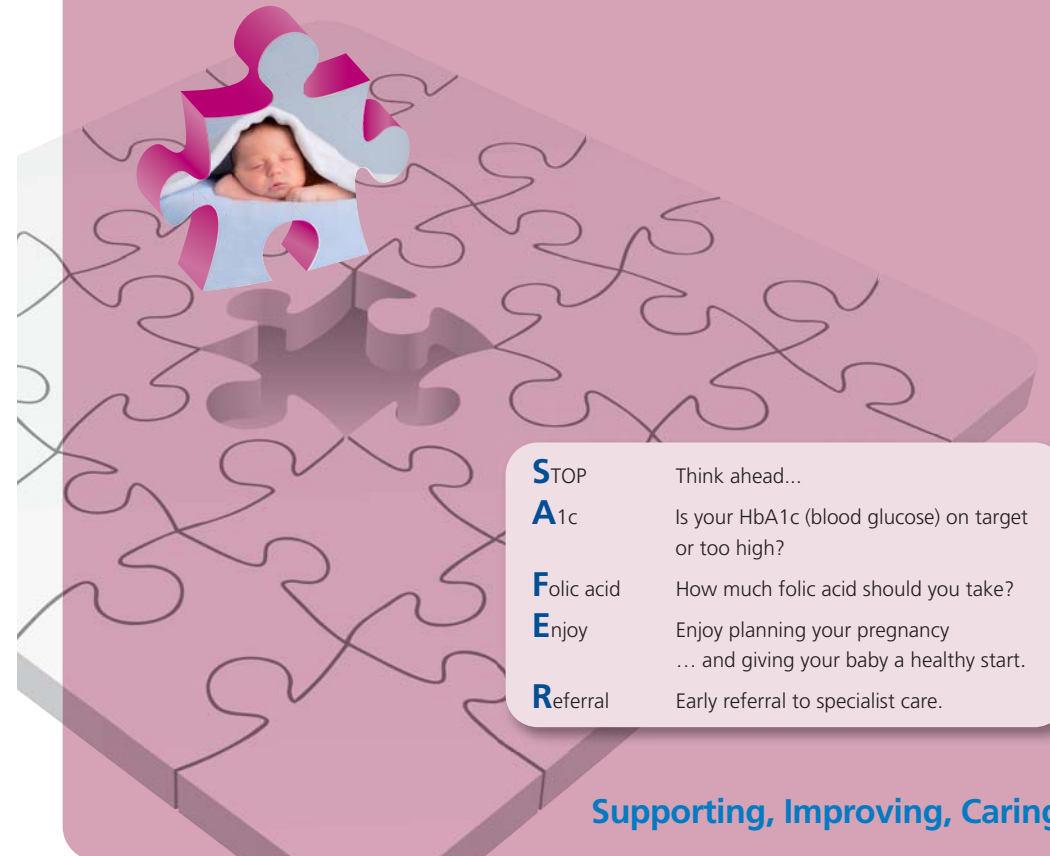


## Are you thinking of having a baby?

Have you wondered if having diabetes may make a difference to your pregnancy?

...then let's be **S.A.F.E.R.**



- |                    |   |
|--------------------|---|
| <b>S</b> TOP       | Think ahead...  |
| <b>A</b> 1c        | Is your HbA1c (blood glucose) on target or too high?                    |
| <b>F</b> olic acid | How much folic acid should you take?                                    |
| <b>E</b> njoy      | Enjoy planning your pregnancy ... and giving your baby a healthy start. |
| <b>R</b> eferral   | Early referral to specialist care.                                      |

[www.diabetes.nhs.uk/pregnancy](http://www.diabetes.nhs.uk/pregnancy)

## Preconception (Prepregnancy) care for ALL women with diabetes

Effective care before pregnancy improves pregnancy outcomes in women with diabetes. The National Institute for Health and Clinical Excellence (NICE) lists preconception care as a "key priority" to improving pregnancy outcomes in women with diabetes.

- S**TOP Think ahead...
- A**1c Is your HbA1c (blood glucose) on target or too high?
- F**olic acid How much folic acid should you take?
- E**njoy Enjoy planning your pregnancy ... and giving your baby a healthy start.
- R**eferral Early referral to specialist care.



## A1c ... Is it too high?

If your long term blood glucose test for diabetes (HbA1c) is high, more than 64 mmol/mol (or 8%) around the time of conception and in the first few weeks of pregnancy it may affect your baby's development or increase the risk of miscarriage.

Any reduction in A1c has been found to reduce risk. However an HbA1c of less than 43 mmol/mol (6.1%) is recommended for pregnancy, provided you are not troubled by hypos.

To reach these targets you will need to test your blood glucose frequently. Please ask your nurse or doctor to refer you to a specialist diabetes preconception team who will be able to support you to achieve this.

## Folic acid, other medication and lifestyle

### Folic acid

All women are recommended to take folic acid from three months before conception. This helps prevent Neural Tube Defects (NTD), such as Spina Bifida.

**However, women with diabetes need a higher dose of 5mg which is only available on prescription.**



## Medication

Many medications are not suitable for the growth and development of your baby. In particular those given for: high blood pressure, high cholesterol and some diabetes treatments. It is very important that you check with your GP before trying for a baby as your treatment may need to be changed to one that is more suitable for pregnancy.



## Diabetes complications

It is important that women with diabetes have their eyes, kidneys and heart assessed before pregnancy.

## Weight management

It is important to maintain a healthy weight. If you are overweight it is advised to lose weight before pregnancy to increase your chances of becoming pregnant and having a healthy pregnancy.

**This will also improve your blood glucose control.**

## Smoking & alcohol intake

Smoking and alcohol can harm your baby.

You are advised not to smoke or drink alcohol during pregnancy.

To support you to stop smoking seek advice from your GP.



## Enjoy ... Preparing for pregnancy

This is going to be a very special time in your life.

Enjoy preparing for pregnancy and giving your baby a healthy start.

**In the meantime it is important that you use effective contraception until advised by your specialist team that it is safe for you to become pregnant. Your GP or Family Planning Clinic will be able to advise.**

## Referral...

To help you achieve these things and prepare for a healthy pregnancy you will need the help and regular support of a specialist diabetes preconception team.

Ask your GP or Practice Nurse to refer you to the local diabetes preconception service.