



Walsall Healthcare  
For One & All

Do you have **diabetes**?

Do you want to have  
**children**?



What to do  
**before** you get  
pregnant

## PLAN



- Plan pregnancy
- Stop smoking and stop alcohol
- Use an effective contraception
- See your Diabetes Nurse and Dietitian
- Take 5mg Folic Acid
- Check your blood glucose levels (aim for 4 - 7.8mmol/l)

## PREPARE



- Know your HbA1c (aim for less than 48mmol/mol)
- Have a medication review with your GP
- Have your eyes checked
- Keep in touch with your Diabetes Team

## PROCEED

- ✓ HbA1c less than 48 mmol/mol
- ✓ On Folic Acid 5mg
- ✓ Seeing hospital Diabetes Team
- ✓ Stop contraception
- ✓ Safe to conceive

Diabetes increases the risk of adverse outcomes during pregnancy. These include:

- Miscarriage
- Developmental problems in first trimester
- Still birth
- Death in first 4 weeks of life

Preconception care and blood glucose control before and during pregnancy can reduce these risks.

**If you are planning a pregnancy or are pregnant please contact the Diabetes Team on 01922 656543**