

Already pregnant? We can help

If you are pregnant and you didn't plan your pregnancy we can help you. The specialist team at the hospital will see you as soon as possible to give you support, information and care.

This is what you need to do

As soon as you can, contact your GP practice/diabetes team. They will assist with:

- A referral to the maternity unit. You can expect an appointment within one to two weeks.
- Getting a prescription for Folic Acid. You may need a 5mg dose and this is only available by prescription.
- A review of your medications.

Start testing your blood glucose levels before meals, one hour after meals, and before bed so that your diabetes treatment can be safely adjusted.

You can get the testing kit and strips for self monitoring of blood glucose from your GP practice.

Remember...

Your diabetes team are here to help you!

We can help you with contraception, planning your pregnancy and help you to have a healthy baby. If you have any questions about contraception or pregnancy get in contact today.

The East of England Diabetes Clinical Network

The clinical network is working with local healthcare teams to support women with diabetes who are planning pregnancy. Email:
england.eoediabetescn@nhs.net

This leaflet was developed with support from Diabetes UK, the East Anglian Study for Improving Pregnancy Outcomes in Women with Diabetes (EASIPOD), Bedfordshire, Luton and Milton Keynes Integrated Care Board and the Eastern Academic Health Science Network (EAHSN).

Useful resources/links:

tommys.org National charitable organisation. Useful planning for pregnancy tool that provides information on how you can improve the health of your future pregnancy and child. For more information visit:
www.tommys.org/pregnancy-information/planning-pregnancy/planning-for-pregnancy-tool

fpa.org.uk The website of the Family Planning Association – all you ever wanted to know about contraceptive methods, plus an easy-to-use tool to find the best contraceptive methods for you.

diabetes.org.uk Good section on pregnancy in the “Living with diabetes” section, on contraception in the “teenagers” section, and giving up smoking advice.

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

gofolic.org.uk Information on the benefits of folic acid and the Before You Frolic, Go Folic! Campaign.

Pregnant with diabetes app Free from Google play. Loads of information including planning for pregnancy.

Pre-conception counselling and mental health support via NHS talking therapies is available. Please speak with your GP, community pharmacist or diabetes team for more information and how you can refer to this service.

MKTalkingTherapies:
<https://mktalkingtherapies.nhs.uk/>

TotalWellbeingLuton:
<https://bit.ly/TWLuton>

BLMKMoreLife:
<http://bit.ly/BLMKMoreLife>



Planning for Pregnancy with Diabetes

Important information for women
with Type 1 and Type 2 Diabetes

You plan for holidays, Christmas and weddings so take care to plan for your pregnancy.

If you have Type 1 or Type 2 diabetes and are having sex it is important to think about contraception and pregnancy.

Contraception

If you are having sex and are not planning on having a baby soon, talk to your GP practice about the right contraception for you. Your diabetes team or community pharmacist can help you with more information also. Most women with diabetes can use any form of contraception e.g. the pill, implant or coil.

Thinking about getting pregnant

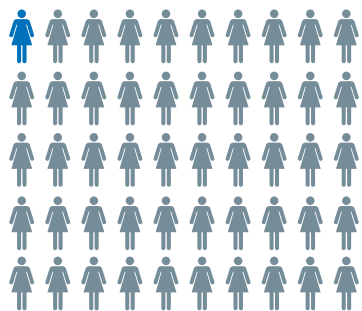
Most women with diabetes have normal pregnancies resulting in healthy babies. However, having diabetes can increase the chance of serious complications both for you and your baby. We also know the first 6 weeks of pregnancy is the most crucial for your baby's development. Try and see your GP/practice nurse or the diabetes team as soon as you start thinking about having a baby. The earlier the better, and even 6-12 months before stopping contraception is a great time to start the discussion.

Risks and complications



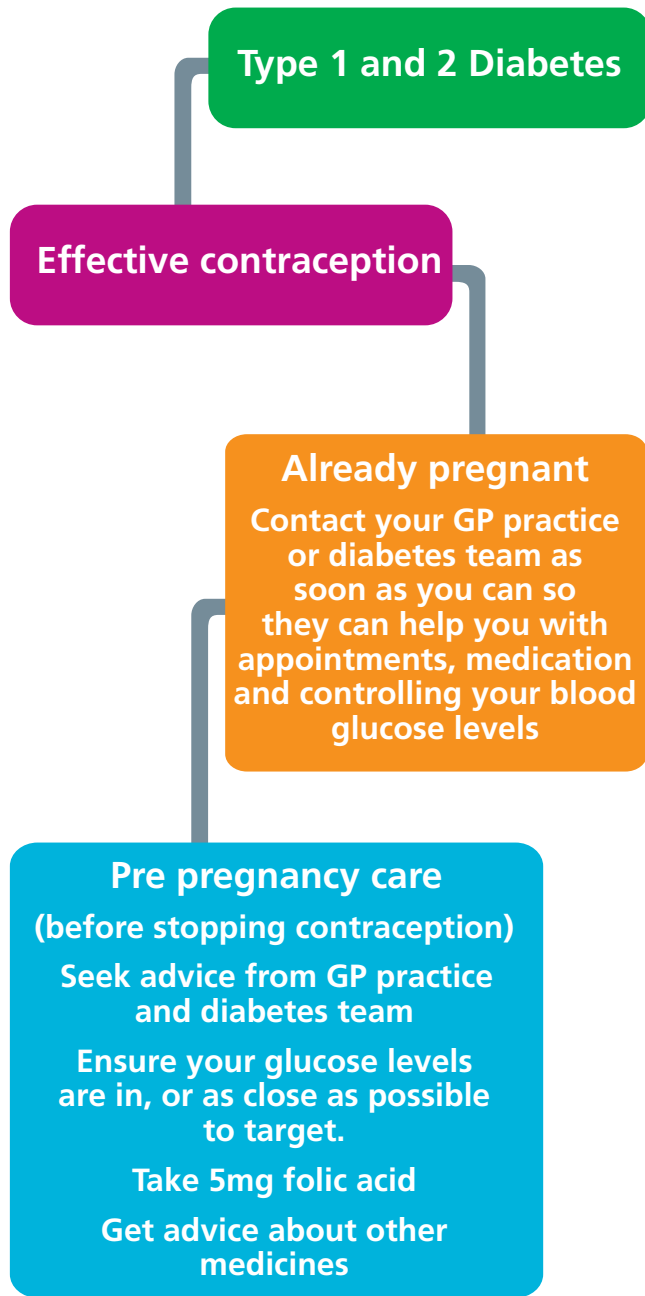
For women with diabetes who do not plan their pregnancy, the risk of a serious complication (e.g. stillbirth, serious heart or birth defect) is about 1 in 10.

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



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

The best advice we can give you is to try not to leave things to chance



You can reduce your risk of complications during pregnancy



Plan ahead

Make an appointment with your diabetes team if you are thinking of becoming pregnant and they will work with you to help you be the healthiest you can be.



Control your blood glucose levels

Try and get your HbA1c as close to 48 mmol/mol or 6.5% as you can safely get it (without hypoglycaemia). Test your blood glucose levels before and 1 hour after meals, and before bed.



Start taking 5mg Folic Acid tablets daily

Start before conception to help prevent birth defects (especially heart and spine). You will need a prescription for this from your GP.



Have your medications reviewed

Particularly blood pressure, cholesterol and diabetes tablets as not all are safe in early pregnancy. Your doctor will help you decide which ones to continue and which to stop or swap to a safer alternative.



See a specialist dietitian

Discuss pregnancy nutrition with a dietitian to help you and your baby to have the best possible health. Also you can check if you are within a healthy BMI range on the NHS website. If you are not then you can access the digital weight management programme online or your GP, diabetes team or community pharmacist can refer you to a local weight management service.



Ask for help to stop smoking

If you are a smoker a stop-smoking specialist can help you, refer yourself, or ask the diabetes team about a referral.