

**CONFIDENTIAL**

These notes should be kept safely and brought to all diabetes clinic appointments. If found, please return the notes immediately to the owner, or her care provider.



**Planning a family**

**Diabetes Notes**

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Unit No. \_\_\_\_\_

**Lead Professionals**

Diabetes Clinic \_\_\_\_\_ ☎

Diabetes Nurse/ Midwife \_\_\_\_\_ ☎

Diabetes Specialist \_\_\_\_\_ ☎

Obstetrician \_\_\_\_\_ ☎

GP Practice \_\_\_\_\_ ☎

Dietitian \_\_\_\_\_ ☎

Interpreter \_\_\_\_\_ ☎

**Things to do before you get pregnant**

- Stop smoking
- Reduce alcohol intake
- Use effective contraception
- Start Folic Acid 5mg daily (available on prescription from your doctor)
- Check blood glucose at home aim for :
  - Blood glucose levels before meals 3.5 - 5.9 mmol/l
  - Blood glucose levels one hour after meals less than 7.8 mmol/l
- Healthy Eating - see the Dietitian
- Be an ideal weight for your height
- Regular follow up with diabetes team

  

- Have a review of any medication for diabetes, high blood pressure and / or cholesterol
- Have your eyes and kidneys checked
- Know the advice about hypo's
- Know your HbA1c target
- Continue to check blood glucose at home
- Continue taking Folic Acid 5mg daily
- Continue regular follow up with diabetes team

  

- HbA1c is less than 6.1% (43mmol/mol), if safely achievable
- Stop contraception
- Continue to check blood glucose at home
- Continue taking Folic Acid 5mg daily
- Continue regular follow up with diabetes team