## Pre-Conception Checklist

* Speak to your lead diabetes carer for pre-conception advice
* Check your HbA1c – aim for 48mmol/L or less
* Medication review – are they safe?
* Take 5mg Folic Acid a day
* Have your eyes and kidneys checked
* Establish and maintain a healthy weight
* Keep active
* Stop smoking and reduce alcohol intake

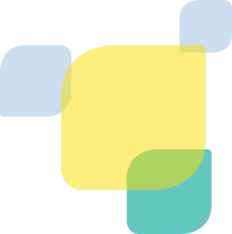
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Please contact the Patient Advice and Liaison Service (PALS)   
if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656/ 826319.

Preparing for Pregnancy if you

have Diabetes

Most women with diabetes have healthy pregnancies and babies. However there can be complications.

These can be reduced by preparing for your pregnancy and getting support.

**Positive Pregnancy Test?**

Email the Diabetes in Pregnancy Team on

[ruh-tr.diabetesANC@nhs.net](mailto:ruh-tr.diabetesANC@nhs.net)

to organise an Antenatal Clinic appointment.

## Risks for Pregnancy with Diabetes

Most women with diabetes have a healthy pregnancy and healthy babies. Some women can have serious problems.

|  |  |
| --- | --- |
| **Maternal Risks** | **Fetal Risks** |
| * Severe hypoglycaemia | * Miscarriage, stillbirth or dying shortly after birth |
| * Worsening of nephropathy and retinopathy | * Having a birth defect (not forming properly) |
| * Diabetic Ketoacidosis | * Pre-term delivery |
| * Increased insulin requirements | * Large baby – causing birth injury and complications |
| * Caesarean section | * Neonatal hypoglycaemia |
| * Blood clots in pregnancy | * Neonatal care admission |
| * Pre-eclampsia |  |
| * Infections |  |
| * Polyhydramnios |  |

## Blood Sugars and HbA1c

* Aim for a HbA1c of 48mmol/L or less at conception
* The risk of miscarriage and congenital malformations is linked with your HbA1c
* Any reduction in your HbA1c prior to pregnancy helps reduce these risks

**It is not recommended to get pregnant if your HbA1c is over 86mmol/L**

* Aim for blood glucose levels of
* 5–7mmol/L on waking
* 4-7mmol/L before meals at other times of day.

## Medication Review

Not all medications are safe in pregnancy and should be changed to safe alternatives before pregnancy.

**Always consult a medical professional before stopping any medication.**

**Folic Acid**

5mg Folic Acid a day taken 3 months before pregnancy until 12 weeks pregnant reduces your chances of having a baby with a neural tube defect.

**Retinal Assessment**

Check you have had your eyes photographed in the last 6 months.

If laser treatment is required, this should be completed pre-pregnancy. Pregnancy may worsen pre-existing retinopathy.

**Renal Assessment**

We will check your kidney function before you are pregnant.

If you would like to discuss this information with a member of the Diabetes in Pregnancy Team, please email:

[ruh-tr.diabetesANC@nhs.net](mailto:ruh-tr.diabetesANC@nhs.net)