

Diabetes and Pregnancy

What is it?

If you have type 1 or type 2 diabetes and are pregnant, you need special care. If your blood sugar levels are not well controlled, there can be long-term effects for you and your baby. That's why it's important to plan and prepare for a healthy pregnancy – either before you fall pregnant, or as soon as you learn you are pregnant.

What will my GP do?

If you're thinking about becoming pregnant, your GP will talk to you about how to prepare for a healthy pregnancy. You may be advised to wait until your health improves before you start trying.

Pregnant women with diabetes are classed as 'high-risk'. That means you need involvement from a team of healthcare professionals. Your GP will talk to you about your care options.

Your GP will also:

- Review your medication – some medications aren't recommended in pregnancy
- Talk to you about the importance of taking a folate supplement – the recommended daily dose is 5mg
- Check your diet – you may need a referral for a dietitian
- Test for complications – related to your eyes, kidneys and feet

If you're already pregnant, you will need to book in to a diabetes in pregnancy service. You may also get a referral for an endocrinologist, diabetes educator, and dietitian.

What will my GP do in the future?

Your GP will remain involved in your pregnancy care. You'll continue to see your GP along with a team of other health professionals. Either your GP or another health professional will see you for regular blood sugar monitoring, tests, growth scans, and ultrasounds.

After your baby is born, you will need to see your GP regularly to discuss:

- Blood sugar monitoring
- Medicines – some medicines pass through breast milk
- Your overall health and wellbeing
- Your baby's health and wellbeing
- Vaccinations
- Contraception if you're not having more children

What can I do?

Whether you're already pregnant or are trying to be, now is the time to look after your health. With well managed blood sugar levels, you can help to reduce the risk of health issues for you and your baby.

Eating well, exercising, getting enough sleep, and reducing stress are important steps for a healthy pregnancy. Alcohol and smoking should be avoided.

Make an appointment for a diabetes in pregnancy service as soon as you learn you are pregnant. You can also ask for a referral for a dietitian or diabetes educator specialising in pregnancy.

If you already have an endocrinologist, you should continue to see them for regular review.

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What supports are available?

Local hospital diabetes services

Local hospitals run diabetes clinics for those who need specialist care. These clinics can provide assessment, treatment and education.

- **Bankstown-Lidcombe Hospital Diabetes Service:**Phone 9722 8366
- **Fairfield Hospital Diabetes Service:** Phone 8738 4577
- **Bowral District Hospital Diabetes Service:**Phone 4861 0303
- **Liverpool Hospital Diabetes Service:** Phone 8738 4539
- **Macarthur Diabetes Service (Campbelltown/Camden Hospital):** ...Phone 4634 4028

Get Healthy Information & Coaching Service

A free, personal phone coaching service helping you achieve your health goals. Visit gethealthynsw.com.au

ComDiab course

The ComDiab course is for people with newly diagnosed type 2 diabetes. The course is run by the Australian Diabetes Council and held at Hoxton Park Community Health Centre.

To learn more, phone **1300 342 238**.

Private support from a specialist

Talk to your GP about whether you need a referral for a private obstetrician, diabetes educator, dietitian or endocrinologist.



What questions could I ask my doctor?

There's a lot going through your mind, and it can be easy to forget the questions you want to ask your GP. Here's a list of questions you may wish to ask:

- What can I do to help my child now?
- What can I do to help my child over time?
- When should I make another appointment?
- How quickly can I expect results?
- What happens if my child gets worse?



Where can I learn more?

For more information about diabetes and pregnancy, the following resources can help:

Diabetes Contraception and Pre-Pregnancy Program (DCAPP) – Local clinic resources: westernsydney.edu.au

Diabetes Australia – Diabetes and pregnancy: diabetesaustralia.com.au

National Diabetes Services Scheme (NDSS) – Type 1 Diabetes and Pregnancy – Having a Healthy Baby eBook: ndss.com.au

National Diabetes Services Scheme (NDSS) – Pregnancy and diabetes resources: ndss.com.au

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs