

Pre-Pregnancy Planning for Type 1 and Type 2 Diabetes

What is it?

If you have type 1 or type 2 diabetes and are thinking about having a baby, pre-pregnancy planning is vital. For women with diabetes, pre-pregnancy planning can reduce the risk of miscarriage and other health risks. If you don't want to become pregnant, pre-pregnancy planning involves making sure you have suitable contraception in place. If you are planning to become pregnant, or are happy to become pregnant one day, speak to your GP about how you can prepare your body for a healthy pregnancy.

Many pregnancies among women with type 1 and type 2 diabetes are not planned. If pregnancy occurs, it is important to access specialist care as soon as possible.

What will my GP do now?

If you don't want to become pregnant, your GP will:

- Give you options for contraception, including emergency and long-acting options
- Talk to you about what to do if you do decide to become pregnant one day

If you do want to or are happy to become pregnant, your GP may:

- Talk to you about the importance of glycaemic control in pregnancy
- Assess your medication and safety
- Arrange pre-pregnancy blood and urine tests
- Talk to you about your pregnancy care options
- Prescribe a folate and iodine supplement
- Ensure you optimise glycaemic control for at least three months before you fall pregnant
- Talk to you about your diet and suggest a dietitian review
- Test for any diabetes complications
- Refer you to a local pre-pregnancy planning clinic

What will my GP do in the future?

Your GP will see you for regular check-ups to give you test results and continue to monitor your health should you fall pregnant. If you do fall pregnant, your GP will refer you to a specialist diabetes pregnancy clinic.

What can I do?

Talk to your GP and make sure you understand how to prevent pregnancy or prepare for a healthy pregnancy. Follow up with your GP about the results of any tests. Make sure you know who to call if you have a question or if you do get pregnant.

If you are already pregnant

Your GP will see you for regular check-ups to give you test results and continue to monitor your health should you fall pregnant

If you do fall pregnant, your GP will refer you to a specialist diabetes pregnancy clinic



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What supports are available?

South Western Sydney Local Health District Diabetes Service

Pre-pregnancy clinics are run at each of the diabetes services at Bankstown, Liverpool and Campbelltown hospitals. These clinics can support you to gain the control needed to safely get pregnant. Speak to your GP about a referral to this service.

What questions could I ask my doctor?

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- What contraception options are available?
 - Who should I call if I think I am pregnant?
 - What should I do if I get pregnant?
 - How long should I wait before trying to conceive?
 - What are the risks for diabetes and pregnancy?
 - Do I need any tests?
 - Do I need to stop taking any medications?
 - Where can I learn more?

Where can I learn more?

If you'd like to read more about pre-pregnancy planning and diabetes, these resources can help:

- **Diabetes Australia** - diabetes and pregnancy: diabetesaustralia.com.au
- **National Diabetes Services Scheme**: ndss.com.au
 - Type 1 diabetes and pregnancy
 - Type 2 diabetes and pregnancy
 - Pregnancy

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

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