



Pre-pregnancy planning for women with diabetes

What is it?

If you have type 1 or type 2 diabetes and can become pregnant, it is important to plan. Planning helps women manage their diabetes and prepare for pregnancy. It is important even if you do not want to become pregnant.

If you want to have a baby, it is a good idea to visit your GP and diabetes care team three-to-six months before you start trying to conceive. This will give you the best chance of having a healthy pregnancy and birth.

If you do not want to have a baby, you should talk to your GP about contraception options.

What will my GP do now?

If you want to have a baby

Your GP will talk to you about how to plan for a healthy pregnancy. If you are not managing your diabetes well, you may be told to wait until your health improves before you start trying to have a baby.

Your GP may also talk to you about:

- Medications and supplements
- Tests and monitoring
- Where to find specialised support
- Your diet and physical activity levels

If you do not want to have a baby

Your GP will talk to you about the using contraception. They may also talk to you about what will happen if you decide to become pregnant later on.

What will my GP do in the future?

Your GP and diabetes care team will continue to see you for regular check-ups. They will monitor you if you do become pregnant later on.

If you do become pregnant, your GP will refer you to a specialist diabetes and pregnancy clinic.

What can I do?

See your GP regularly so you can plan to prevent pregnancy or plan for a healthy pregnancy. Continue to monitor your blood sugar levels. It is very important to manage your blood sugar levels. Everyone is different and you should talk to your GP about the right blood sugar levels for you.

Have a healthy diet and keep active. Make time to relax, focus on getting enough sleep. Alcohol and smoking should be avoided if you are planning to become pregnant.

If your situation changes and you want to prevent or plan to become pregnant, talk to your GP.

You can learn more about having diabetes during pregnancy [here](#).

Are you planning to be pregnant?

If you are planning to become pregnant and have diabetes, please go to your nearest Diabetes Pre-Pregnancy Planning Clinic.

These clinics are located at Bankstown-Lidcombe, Campbelltown and Liverpool Hospitals.

You will need a referral from your GP.

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What supports are available?

SWSLHD Diabetes Pre-Pregnancy Clinics

Visit the Health Resource Directory website to find contact details of a Diabetes Pre-Pregnancy Clinic close to you. To access this service, you will need a referral from your GP.



What questions could I ask my doctor?

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| ☐ <i>What if I become pregnant?</i> | ☐ <i>Can I do my normal activities?</i> |
| ☐ <i>What contraception options are there?</i> | ☐ <i>When should I try to become pregnant?</i> |
| ☐ <i>What are the risks if I am pregnant?</i> | ☐ <i>Do I need any tests?</i> |



Where can I learn more?

National Diabetes Services Scheme (NDSS) - Pregnancy planning checklist: ndss.com.au

National Diabetes Services Scheme (NDSS) - Planning for pregnancy: 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

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