



مركز إمبريال كوليدج لندن للسكري  
IMPERIAL COLLEGE LONDON DIABETES CENTRE

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- Your HbA1c should be less than 6.5% before pregnancy if possible.



- It is important to take daily Folic Acid supplements for the first 3 months of pregnancy. This is to prevent congenital malformation. The dose with diabetes is usually 5 mg per day rather than the usual 0.4 mg tablets advised for mothers without diabetes.



- If you smoke, please stop.



# Pre-pregnancy Advice For Women With Diabetes



IN PARTNERSHIP WITH

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## Pre-Pregnancy Advice For Women With Diabetes

- If you have diabetes and are planning a pregnancy, it is important that you talk to your doctor beforehand. This is because sugar control is very important at the time of conception. Good sugar control will help reduce the risks of health problems to yourself and the baby. To achieve this, you may need some help to adjust your diet or diabetes treatment or in performing extra blood tests.



- If your diabetes is treated with insulin, your doctor may need to change your insulin doses or even change the number of injections you take, to improve the overall control.



- If your diabetes is treated with tablets, then your doctor may advise starting insulin before any pregnancy happens.



- If you are on diet alone for your diabetes, then you may need to be started on insulin at some stage before or during pregnancy.



- Your doctor needs to know about any medications you take for high blood pressure or to lower your cholesterol as it is recommended to stop taking these before becoming pregnant or as soon as pregnancy is confirmed. Your doctor may wish to give alternative blood pressure tablets which are safe during pregnancy.



- Make sure that your blood sugar is as near to normal as possible for at least 3 months before you try to become pregnant. This means 60-99mg/dL (3.3-5.4 mmol/L) before meals and less than 120 mg/dL (6.7 mmol/L) 2 hours after meals.

