

Prepare Together For Pregnancy with Diabetes

For more information

Diabetes in Pregnancy Service

Telephone: 09 250 3891

Email: DIPMidwives@middlemore.co.nz



C O U N T I E S
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D E S I G N
N o v e m b e r 2 0 1 7



Preparing for pregnancy when you have Diabetes

 For women  Fafine  Fifine  Mā'ine  Wahine



www.countiesmanukau.health.nz

This pamphlet is to help you start the conversation with health workers and your family when think you might get pregnant in the future.



Pregnancy and Diabetes

Having diabetes and being pregnant can lead to health problems for both mother and her baby during pregnancy and birth. More people in New Zealand have diabetes than ever before.

Women with diabetes need to have a **personal care plan** in place 3- 6 months before getting pregnant.

A personal care plan has

-  *Lifestyle goals to keep healthy.*
-  *A plan to have my diabetes checked and how to keep it well controlled.*
-  *Talking about the right contraception for me until I am ready to get pregnant.*
-  *A list from my doctor or nurse of which medications I need to take and stop taking when I am pregnant.*



Why do I need a personal care plan?

 Women with diabetes who are thinking of getting pregnant and have a personal care plan can have an equal chance of having a healthy baby as someone who doesn't have diabetes.

What do I need to do? Working & Talking Together

We would like you to **Talanoa / Talk / Korero**, with your **Whanau/ Family** to join in this **Waka** so that you can prepare together for a healthy pregnancy with Diabetes. Remember to invite your health worker, GP and nurse to join in this. They can help you make a plan. Support is available to help you and your whanau in this journey.

 *See the doctor early when you think you might be pregnant so that you can be referred to the Diabetes in Pregnancy Specialist team.*