

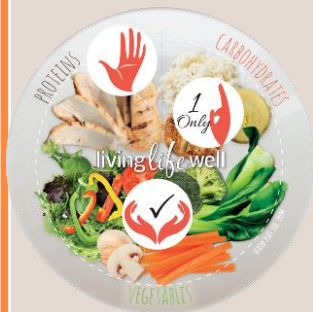
# Preparing for Pregnancy when you have diabetes

For Women Fafine Fifine Mā'ine Wahine

## Prepare Together | Preparing for Pregnancy Plan for:

Name

For every woman



- Choose Healthy Eating**
- Have regular meals.
  - Choose water, not sugar-sweetened drinks.
  - Use the Healthy Plate example to prepare meals.
  - Use your hand as a guide to portion size.
  - Choose fresh food over processed food and cut down on takeaways and sweet treats.

Be Active for 30 minutes a day. Try to do this every day. Set small goals that you are likely to do.

Stop Smoking. Get help to support your plan to stop smoking.

You need to stop drinking Alcohol when you are trying to get pregnant. What help do you need?

About My diabetes



**Go for your regular diabetes check with your GP and nurse.**

- Blood and urine tests to check for kidney health
- Blood pressure check
- Eye check
- Do you need to see the diabetes nurse?
- Do you need to be referred the diabetes clinic?

**Get your GP or nurse to**

- Give you a form for Antenatal Blood tests that every woman should have.
- Give you a prescription for 5mgs of folic acid every 3 months
- Write down which medication that you should stop or change when you are pregnant.

**Get you diabetes under control.**

Get your HbA1c checked. This shows you how your blood sugars have been in the last 3 months. Check your glucose level when you wake up, before lunch and 2 hours after dinner 3 times a week. Every time you lower your hbA1c you reduce the risk of pregnancy complications and problems for baby.

Ready for pregnancy?



**When you think you are ready for pregnancy**

As soon as you think you might be pregnant get a pregnancy test at your GPs Ask them to refer you to the diabetes in pregnancy Service. They will help you with a plan for you and your baby during pregnancy

# My Plan & Goals



| My Plan                                                                | My Goals                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| <p><b>Keeping Healthy for every woman who wants to have a baby</b></p> | <p>Attend a Mum's Kitchen Rules class<br/>           Use the healthy plate with all the family meals<br/>           Only get takeaways once a week<br/>           Drink water instead of fizzy or juice<br/>           Swap store bought iced chocolate for mocha with trim milk</p>                                                                                                                                                                                                                                                                     | <p>Walk to school every day<br/>           Go to ZUMBA class on a Wednesday</p>                                                                                                                                                                                                                                                                                                                                                                                                                                   | <p>Get help to stop smoking<br/>           Refer to Smokefree services<br/>           Tell the family I have stopped smoking and encourage them to stop too</p>                                                                                                                                                                                                                                                                   |
| <p><b>My Diabetes</b></p>                                              | <p>Have a diabetes check now and again in 6 months if I am not pregnant.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p>Do my antenatal blood tests now and get any immunisations I might need before I get pregnant.<br/>           Make sure my smear test is up to date.<br/>           Start taking my folic acid tablets and get a repeat prescription in 3 months.<br/>           Stop my cholesterol lowering tablet as soon as I am pregnant.<br/>           See the nurse to get a BP check and stop my enalapril or change to another blood pressure tablet.<br/>           Keep taking my metformin when I am pregnant.</p> | <p>Check you glucose level when you wake up, before lunch and after dinner 3 times a week. My blood sugar targets are 4.0-5.9 before meals and less than 7.8 2 hours after. Phone my nurse if my blood sugar is more than 7 when I wake up or more than 10 2 hours after meals more than 3 times in one week or if I have low sugars.<br/>           Test my HbA1c again in 3 months to try and get to target of less than 53</p> |
| <p><b>When I am ready to get pregnant</b></p>                          | <p>Talk to the nurse about my contraception and make an appointment to have my IUCD removed. Use condoms until my HbA1c is on target.<br/>           Mark on my calendar when I have my periods and go back to the nurse if I miss a period if they are not coming at the same time each month or I am not pregnant after 6 months of trying<br/> <u>When I think I am pregnant</u><br/>           -Get a test at the chemist or with the nurse at the family doctors<br/>           -Phone nurse to make appointment to be referred to the hospital</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                   |