

If I am pregnant and did not plan it?

- Contact your GP as soon as you think you might be pregnant.
- Discuss your diabetes and ask for an urgent referral to your Antenatal Diabetes Team.
- Expect an urgent appointment.
- Check with your doctor if all your tablets are safe to take during early pregnancy.
- Start monitoring your blood glucose levels regularly so that your diabetes treatment, and your diet, can be made safe and effective as quickly as possible.
- Ask for a prescription for folic acid 5mgs immediately.

If this leaflet has come at a bad time, caused you any concern or is not relevant to you, please accept our sincere apologies and feel free to contact us.

HAVE YOU GOT ANY QUESTIONS?

For **SUPPORT, ADVICE** or to **COMMENT** on this leaflet, please **Contact your local diabetes Pre – Pregnancy Care team:**

Galway

Endocrinology & Diabetes Day Centre
Galway University Hospital
Tel: (091) 542039 / (091) 544698
Mobile: 086 - 2495880

Castlebar

Outpatients Department
Mayo General Hospital, Castlebar.
Tel: (094) 90 42389

Donegal

Outpatients Department
Letterkenny General Hospital
Tel: (074) 91 25888

ATLANTIC D.I.P.
(Diabetes in Pregnancy)



Do you have diabetes?
Are you thinking about
having a baby?

Please contact your GP and
Diabetes Pre-Pregnancy Care
Team.

ATLANTIC D.I.P.



Why do you need this information?

Most women with diabetes have a normal pregnancy resulting in a healthy baby. However, having diabetes does increase the chances of serious complications for both mother and baby.

For women who have diabetes, the risk of a serious complication in pregnancy is about 1 in 10. They also have a greater risk of having a stillbirth or an infant with a malformation. In comparison, for women without diabetes, the risk of having a serious complication in pregnancy is about 1 in 50.

The **Diabetes Pre-Pregnancy Care Team** can provide advice and information to help you to reduce your risks of serious complications and improve the chances of a healthy pregnancy.

How can you plan your pregnancy to reduce the risks of serious complications for you and your baby?

1. Contact your GP and your local Diabetes Clinic if you are thinking about getting pregnant within the next 12 months.
2. The Diabetes Team will review your diabetes treatment. Changes may need to be made to get the best possible control of your diabetes before stopping contraception.
3. Use a reliable contraception until it is safe for you to conceive.
4. Ask your GP/Diabetes Team to review all your medications, especially tablets for blood sugar control, blood pressure and cholesterol.

5. Ask your GP/Diabetes Team to:
 - Prescribe folic acid 5 mgs daily. (This is higher than the usual 400 micrograms recommended for women without diabetes and available on prescription only).
 - Check your Rubella status.
 - Check your kidney function.
 - Schedule an eye examination for you.
 - Arrange for you to be seen by a Dietician to plan for your ideal weight.
6. Stop smoking or discuss passive smoking with the people you live with. Ask your GP for advice.
7. Avoid alcohol.