



planning for a
healthy pregnancy

Planning for a Healthy Pregnancy with Diabetes: At a Glance

Do I need to see a doctor if I have diabetes and I'm planning to become pregnant?

Yes, it is very important and strongly recommended that you get regular health care before you become pregnant. Nearly two-thirds of pregnancies in women with diabetes are unplanned, leading to a greater number of birth defects in infants being born to mothers with diabetes. An assessment by your health care provider in regards to your blood glucose control, other health issues, medications and educational needs should be performed and treatment changes may be needed.

Can there be problems for me and my baby if I get pregnant?

If you have type 1 or type 2 diabetes, it is important to get pre-conception care in order to minimize the risk of problems during your pregnancy and help to assure that you have a healthy baby. If blood glucose (sugar) is not in good control before you become pregnant, there is a greater risk of your baby being born with birth defects. If you have any health-related issues from your diabetes such as nerve damage, kidney disease or eye disease, there are certain risks associated with pregnancy. Elevated blood glucose can increase your risk of a miscarriage. It is important to get regular health care when planning a pregnancy and keep your blood glucose well controlled.

What can I do to be sure that if I get pregnant my baby will be healthy?

You can increase the chances of having a healthy pregnancy and baby by planning well in advance for your pregnancy. Some of the things that you need to do before you become pregnant are: get your blood glucose in good control, including an A1C level as close to normal as possible (<7%) according to the American Diabetes Association.

In addition, learn all you can about managing your diabetes day-to-day. See your health care provider on a regular basis, be evaluated and treated, if necessary, for any health issues you may have as a result of your diabetes such as eye or kidney disease. Use effective contraception until you are sure that your blood glucose is well-controlled. Follow a healthy meal plan and see a registered dietitian if needed to help you with this and stay active.

TIPS

Deciding to become a parent is a big decision and one that takes commitment and planning. Getting yourself into the best shape possible for becoming pregnant can pose some challenges, but it will provide you with the best opportunity to enjoy a healthy pregnancy and a healthy baby.

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