

## What if she is pregnant and it was unplanned?

Don't panic – the specialist team at the hospital will see your partner as soon as possible to give her support, information and care.

## How can you give her support?

- Encourage her to seek treatment as soon as possible.
- Show interest in helping her manage diabetes.
- Discuss concerns about the pregnancy process.
- Be prepared for an increase in chance of severe hypoglycemia.
- Be prepared for mood changes



## Remember your Health Care Provider is there to support both of you throughout the pregnancy



### Useful Links for you

Information for women's partners and family members  
Enrol at

<https://www.westernsydney.edu.au/domtru/projects/dcapp>

Enquiries: 4634 3192

Email: [DCAPP@westernsydney.edu.au](mailto:DCAPP@westernsydney.edu.au)



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South Western Sydney  
Diabetes Contraception and  
Pre-Pregnancy (DCAPP)

## Important information for Partners of women with Diabetes

## Having sex or planning to have sex in the future? Read on...



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## Why are we giving you this?

Diabetes can impact the health of a pregnant woman and that of her child.

Diabetes **increases** the chance of **serious complications** both for you and your baby.

Women with diabetes **who do not plan** their pregnancy, face a **1 in 10** chance of **serious complications** including miscarriage, stillbirth, serious heart or other defects in the baby.



Reassuringly, research shows that if your diabetes is controlled **for 3 months before** stopping contraception, your risk of serious complications falls close to that of women without diabetes (**1 in 50**).



**If you are not planning a baby**, talk to your GP about contraception. There are different types of contraception that are **safe and effective**.

**If you are planning a pregnancy** See your GP/practice nurse or diabetes team as soon as possible ideally **6-12 months before stopping contraception**.

Pregnancy planning is important because much of the damage occurs very early, (during the first **8 weeks of pregnancy**, which is before many women know they are pregnant).

## Effective and Safe Contraception methods:

### Recommended:

- Contraceptive Implants (e.g. Implanon®)
- Coil (Intrauterine Device - IUD)
- Hormone Releasing Intrauterine System (IUS) (e.g. Mirena)
- The pill-combined oral (COC)
- Progestogen only (POP)
- Contraceptive patch
- Sterilisation (When family is complete)

### Other forms:

- Contraceptive Injections
- Barrier Methods

### Emergency contraception pills

Must be started within 72 hours of unprotected sex. Emergency contraception is required when:

- You had sex without using contraception.
- There was reason the contraception may not have worked (e.g., missed taking pill time, taking antibiotics or break in barrier method.)

Talk to your pharmacist for more information.

### PLEASE NOTE:

- **Natural (withdrawal) method** is **NOT** recommended.

## TAKE CONTROL

**Type 1 or 2 diabetes**



**Effective Contraception**

### Planning pregnancy:

- Continue contraception until 3 months of:
  - \* Folic Acid 5mg
  - \* Hba1c close to 6.5%
- Ask to see the Diabetes Team
- Have a medication review
- Ask to see a dietician