

What if I am pregnant and I did not plan it?

1. **Visit your GP** as soon as possible
 - For an urgent referral to a diabetes in pregnancy clinic;
 - Talk about a prescription for 5mgs Folic Acid;
 - Ask your GP to review your medication
2. **Start testing** your blood glucose levels before and 2 hours after meals, and before bed so that your diabetes treatment can be adjusted to be as safe and as effective as possible.



Are you on contraception?

Remember to talk to your GP before you stop using any form of contraception.



For more information:

To access patient resources and guidelines, free app and video, access health care practitioners:
Enrol at

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

Enquiries: 4634 3192

Email: DCAPP@westernsydney.edu.au



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South Western Sydney
Diabetes Contraception and
Pre-pregnancy Program
(DCAPP)

Important Information for 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 women 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