

ARE YOU PREGNANT?

Please contact your diabetes specialist immediately and arrange for an urgent review. If you don't have one, please urgently attend your nearest Diabetes In Pregnancy Clinic with a referral from your family doctor

- Bankstown-Lidcombe Hospital Diabetes Centre, Eldridge Road (PH: 9722 8360)
- Campbelltown Hospital Macarthur Diabetes and Endocrine Service, Therry Rd (PH: 4634 4963)
- Liverpool Hospital Diabetes and Endocrine Service, Suite 19, Level 2, 45-47 Goulburn Street (PH: 8738 4577)

IF YOU ARE NOT PLANNING A BABY

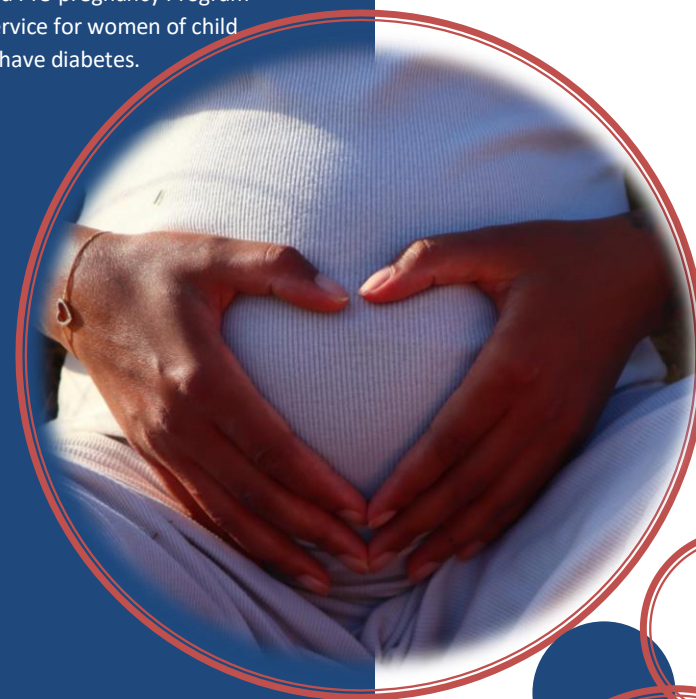
If you are not planning a baby, talk to your GP about the best birth control.

Timing your baby is important. Birth control helps you to plan your baby when it is safe. For the best option for you, please speak with your doctor.

PLEASE NOTE: You may get pregnant using Natural (withdrawal and rhythm) methods – these are not safe birth control methods

LONG LASTING BIRTH CONTROL IS BEST.

Western Sydney University, South Western Sydney Local Health District and the South Western Sydney Primary Health Network are working together on the Diabetes Contraception and Pre-pregnancy Program (DCAPP). It is a service for women of child bearing age who have diabetes.



Supporting families with diabetes and family planning

DCAPP PROGRAM

When you have diabetes you can still aim for a healthy pregnancy and a healthy baby by following these important suggestions.

Aiming to have as near normal blood sugar levels as possible lowers your chance of developing any issues with the way your baby forms, pregnancy loss, and stillbirth. Other things you will need to look at with your doctor include the use of safe medications for pregnancy.

If you use IVF, fewer pregnancy losses means fewer rounds of IVF.

You should aim for these blood sugar levels:

Fasting: 4-5.5 mmol/L (but at a level that keeps away from blood sugar levels that are too low for you).

Two hours after eating: less than 7 mmol/L.

Note: targets may vary from person to person

As early as possible (3-6 months) before you start trying for a baby you should aim for:

- ✓ 5 mg folic acid tablet each day
- ✓ HbA1c 6.5% or lower before you are pregnant
- ✓ Attend a pre pregnancy planning clinic before you become pregnant.
- ✓ Attend the diabetes clinic as soon as you confirm a pregnancy (preferable before TEN weeks pregnant).

Talk about birth control with your doctor if you are not planning a baby. Long lasting birth control is best.

How does diabetes affect my baby?

Having diabetes during pregnancy may raise the chance issues with the way your baby forms, pregnancy loss, and stillbirth.

These chances are highest in the first eight weeks of pregnancy.

The chances are higher if your blood sugar levels before and during early pregnancy have not been within target.

Getting ready for a baby lowers the chance of health problems for yourself and your baby.

Are you planning a baby?

Please attend your local Diabetes Pre-Pregnancy Planning Clinic with a referral from your doctor as soon as you can.

You should speak to your doctor at least 3 months before trying to have a baby.

Your doctor will ask you to attend a special diabetes clinic.

You will get help from doctors who have the skills to look after your diabetes before you are pregnant.

The doctors will look at your medicines because some may not be safe to use in pregnancy.

It is a good idea to start taking 5mg of folic acid before you are pregnant.

If you have type 1 diabetes it is important to wear a CGM (Continuous Glucose Monitor). These are free through the National Diabetes Services Scheme (NDSS).

While you are pregnant

Illness

When you are sick your blood sugar levels can rise, so you need to be careful.

Talk to your doctor/educator about making a plan for when you are sick.

Check your blood sugar levels every 2 hours when you are sick.

If you have high blood sugar levels that don't improve after 2 hours, call your doctor.

