

## DIABETES – PRECONCEPTION CARE

### ***THE GOOD NEWS!***

The good news is that you may be able to decrease risks for miscarriage, birth defects and stillbirth with tight blood sugar control. The most important time for tight blood sugar control is three months before getting pregnant, and in the first three months of your pregnancy, to reduce the chances of birth defects and miscarriage.

### **Diabetes and pregnancy checklist:**

- √ Plan your pregnancy.
- √ Seek preconceptual counseling. Call our office at 513-862-6200 to schedule a prepregnancy consultation.
- √ Discuss effective birth control with your healthcare provider until your Hemoglobin A<sub>1</sub>C is ≤ 6%, and you are ready to conceive.
- √ Set blood sugar goals before you become pregnant.
- √ Get your healthcare provider to screen for diabetes complication.
- √ Begin taking vitamin supplements (0.4 – 1 mg) of Folic acid today.

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## PRECONCEPTION CARE

### **You have diabetes. You can have a healthy baby.**

Getting control of your blood sugars before getting pregnant (preconception care) can result in a healthy pregnancy and baby. Seeking medical care before pregnancy may help reduce the number of complications with diabetes and pregnancy.

### **Why is preconception care so important?**

Preconception care is important to prevent miscarriage, birth defects and stillbirth in babies of diabetic moms.

### **Why do I need a healthcare team?**

- √ to help you achieve the best possible health before you become pregnant

### **Who is the healthcare team?**

- √ family doctor/endocrinologist
- √ diabetes nurse specialist
- √ pediatrician/neonatologist
- √ maternal-fetal medicine specialist
- √ registered dietitian
- √ other specialists

Each of us plays a unique role to help guide you through your pregnancy and delivery. Let us give you the highest quality care possible in a compassionate way, the kind of care that we would expect for a member of our family. Our highly qualified healthcare team is dedicated caring professionals who feel privileged to provide medical care.

### **Who is the most important member?**

YOU, because you will be making choices how to manage your meal plan, blood sugars, medicines, physical activity and stress.

### **How can you prepare for your pregnancy?**

- √ follow a healthy meal plan
- √ control your blood sugars; fastings  
less than 90 and 1-hour after each  
meal less than 130
- √ exercise 30 minutes a day most days  
of the week
- √ prevent low blood sugars
- √ see an ophthalmologist
- √ get plenty of rest
- √ manage your stress
- √ work toward a healthy hemoglobin A1c  $\leq 6\%$
- √ take folic acid (0.4-1 mg) daily to prevent birth  
defects
- √ take your medicine
- √ stop smoking
- √ see your dentist

### **What are my risks with diabetes and pregnancy?**

- √ high blood pressure
- √ problems with your eyes, heart,  
kidneys or nerves
- √ high or low blood sugars
- √ cesarean section

### **What are my baby's risks?**

- √ birth defects
- √ large baby/birth trauma
- √ preterm birth
- √ low blood sugars
- √ miscarriage/stillbirth
- √ too much fluid around the baby
- √ breathing problems
- √ jaundice