

Pre-Pregnancy Information

Women with well controlled diabetes have the same ability to become pregnant as women without diabetes. There are important steps to take to reduce the risks for you and your baby. Follow these steps **before you try to get pregnant**.

Talk to your doctor.

Your doctor and diabetes care team can help you make a plan for your pregnancy.

Keep blood sugar in control during pregnancy.

- High blood sugars during pregnancy can be harmful for you and your baby.
- Your A1C should be less than 7.0% three months before you become pregnant for most women.
- Blood sugars should be:
 - Less than 5.3 mmol/L before breakfast
 - Less than 7.8 mmol/L 1 hour after each meal.
 - Less than 6.7 mmol/L 2 hours after each meal.
- Discuss with your doctor what your blood sugar targets should be.
- Check your blood sugar 4 - 7 times a day. Test before, and 1 or 2 hours after each meal and at bedtime.

Be prepared for hypoglycemia at all times.

See brochure titled “Low Blood Sugar Reaction (Hypoglycemia)”.

Discuss your diabetes pills with your doctor.

- Some diabetes pills are not approved for use during pregnancy.
- Your doctor may advise you to switch to insulin injections to control your blood sugar.

Advise your doctor if you are taking blood pressure medicine and/or cholesterol-lowering medication.

- Some blood pressure pills are not safe to take while pregnant and may need to be changed.
- **Stop** ACE inhibitors and ARBs ideally prior to trying for a pregnancy or at least when you find out you are pregnant.
- **Stop** taking cholesterol-lowering medications (statins) when you find out you are pregnant.

Keep your blood pressure below 130/80.

- Women with diabetes tend to have higher blood pressure during pregnancy.
- High blood pressure during pregnancy is dangerous for you and your baby.

Have your eyes checked.

Eye problems common to people with diabetes can get worse when you are pregnant.

**Not all women with diabetes have eye problems.*

Have your kidneys checked.

Kidney problems can get worse when you are pregnant. **Not all women with diabetes have kidney problems.*

Take a folic acid supplement.

- Women with diabetes have a higher risk of having a baby with a birth defect.
- Taking a folic acid supplement can lower the risk for birth defects.
- Start a multivitamin containing 5 mg of folic acid at least 3 months before becoming pregnant and continue until at least 12 weeks after becoming pregnant.
- After 12 weeks of pregnancy, continue with a multivitamin containing 0.4 - 1.0 mg of folic acid until 6 weeks after you give birth or as long as you continue to breastfeed.