

Planning a healthy pregnancy

Information for patients with diabetes

Why is planning for pregnancy important?

Planning a pregnancy is especially important if you have type 1 or type 2 diabetes. If your diabetes is not well managed before and during the pregnancy, there can be a greater risk of complications for you and your baby.

Aim for an A1C of 7 percent or less before you become pregnant.

Talk to your health care team about planning for pregnancy. This will help you to have the healthiest pregnancy possible,

What should I do before I get pregnant?

1. Use birth control

- Use an effective form of birth control until your blood sugar is well controlled. Talk to your doctor about birth control options.

2. Review the medicines you are taking

- Talk to your doctor to make sure the medicines you are taking are safe during pregnancy.
- Your doctor may recommend stopping certain medicines if you are planning to get pregnant.

3. Get tested for diabetes complications

- If you are planning to become pregnant, your doctor will test for eye disease, kidney disease, nerve damage and heart disease.
- If you have any diabetes complications, your doctor will watch them closely before and during your pregnancy.

4. Take folic acid and vitamin supplements

- Start taking a prenatal vitamin at least 3 months before trying to become pregnant.
- Ask your family doctor how much folic acid to take. You may need more folic acid than is in a regular prenatal vitamin.

5. Enjoy a healthy lifestyle

- Eat healthy
- Be active
- Do not smoke – Talk to your doctor for help quitting or check out www.smokershelpline.ca
- Do not drink alcohol or use recreational drugs

If you become pregnant before you have a chance to plan, see your health care team as soon as possible.

St. Michael's cares about your health. For reliable health information, visit our Patient and Family Learning Centre in Room 6-004, 6th floor, Cardinal Carter Wing, or find us online at www.stmichaelshospital.com/learn

This information is not intended as a substitute for professional medical care. Ask your healthcare provider about this information if you have questions.

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www.stmichaelshospital.com/programs/diabetes/
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