





Care Planning: This leaflet should only be used with the ongoing advice from your Diabetes Team, as part of your plan of care.

Where to get help:



Your Diabetes team contact:
Name:.....


Your Midwifery Team contact:
Name:.....


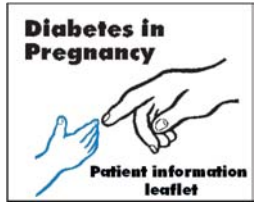
Local Hospital Contact:
Name:.....


Other:
Name:.....


Diabetes in Pregnancy Advisory Group



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Tel: 0121 687 3400 Email: diabetes@pi.nhs.uk
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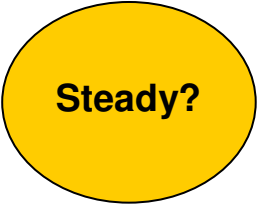


Do you have Diabetes? Planning a Family?

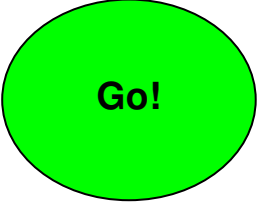
Things to DO before you get pregnant!



Stop smoking!
Reduce alcohol intake!
Use effective contraception
Healthy eating – see the Dietitian
Are you an ideal weight for your height?
Start Folic Acid **5mg** daily!
Check Blood glucose at home



Have you had a review of any medication for diabetes, high blood pressure and/or cholesterol?
Have you recently had your eyes and kidneys checked?
Do you need advice about hypos?
Do you know your HbA1c?



HbA1c – Ideally less than 6.5% (48mmol/mol)
Blood glucose levels 4 – 7.8mmol/L
Taking Folic Acid 5mg daily
Regular follow up with diabetes team
Stop contraception
Good Luck!

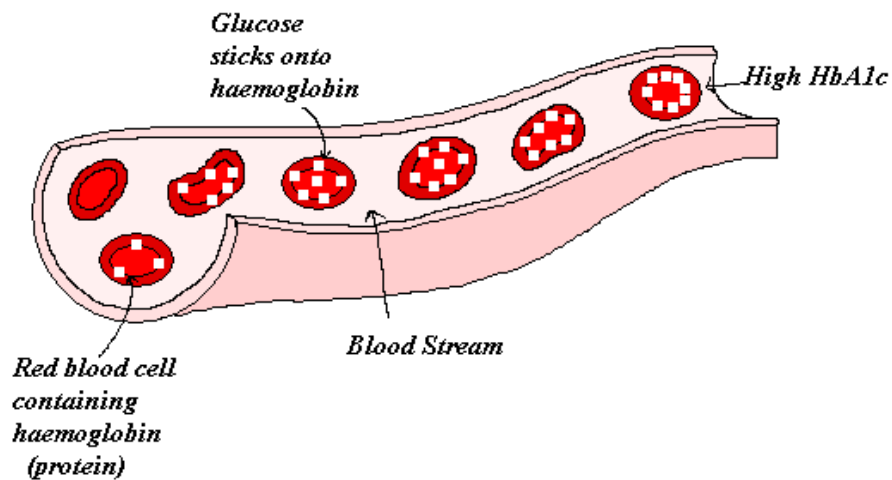
Know your glucose control!

HbA1c (A1c) is a test which gives you a better idea of how your diabetes control has been over the last 2–3 months.

Home blood glucose monitoring is still important in addition to A1c measurement, since these readings allow you to see how food, exercise and insulin affect your sugar/glucose levels day to day. The A1c test gives extra information.

How does the A1c help?

In the blood stream glucose sticks onto haemoglobin (Hb). This is one of the proteins in the red blood cell. This A1c measurement can be more helpful as it changes slowly over time, unlike home blood glucose testing.



The amount of the protein to which the glucose is attached is measured. The A1c result is now reported in two ways either as a percentage (%) or in mmol/mol (see table).

The table below will help you understand what your results mean.

A1c (%)	A1c (mmol/mol)	Diabetes Control	Home blood glucose readings
Above 8.0%	64 - 75	Not Safe (Work in Progress)	10 - 12
7.0 – 7.9%	53 – 63	Improving Control (Getting there)	4 - 10
6.1 – 6.9%	42 – 52	Excellent Control (Go for it!) Good Luck	4 - 7

Babies born to mothers with high A1c levels are at a higher risk of miscarriage, malformations of the heart, limbs, spine and other organs.

BUT you can reduce these risks by taking **Folic Acid 5mg** daily and by making sure your diabetes glucose control is **excellent** (indicated by a A1c result of 6.1-6.5% or 42-48 mmol/mol) before you become pregnant – or at a level you and your diabetes team may agree on together.

If you are you thinking about a future pregnancy it is so important that you plan ahead; if you are not, make sure you are using **effective contraception!**

For further information or advice please contact **your diabetes team.**