

PRINTER: Cut sheet on dotted line exactly (at 75)

Diabetes in Pregnancy

These notes are used to record information about the care of your diabetes during pregnancy. They also contain information for you about diabetes and pregnancy to help you make informed choices about your treatment. They are designed to be used in addition to your own hand held pregnancy notes. You will need to take both sets to each appointment so that you and your care team are fully informed about your treatment, your choices and plan of care for your pregnancy, during the birth of your baby and the plan of care of you and your baby following delivery.

As you have diabetes, you will need to be monitored closely to keep you and your baby well. You will require more frequent hospital appointments and scans. You will be cared for by a special diabetes antenatal team. These are health professionals with specialist knowledge of diabetes and pregnancy who work together to care for you and your baby. The pregnancy planner on page 6 explains when you will be seen and by whom.

Your team may include some of the following healthcare professionals:

Diabetologist or Endocrinologist

A doctor who cares for people with hormone disorders, such as diabetes. You may see him or her after the birth to continue to care for your diabetes.

Obstetrician

A doctor who specialises in the care of women during pregnancy and childbirth. Your obstetrician will also be experienced in caring for pregnant women who have diabetes.

Midwife

Provides care and support for women and families during pregnancy and childbirth. Whilst you are pregnant your midwife may see you at your local doctors surgery and will visit you at home after the birth of your baby. Your midwife is also able to offer support and advice on issues such as preparing for childbirth and infant feeding.

Diabetes Nurse/Midwife Specialist

Has specialist knowledge of diabetes and is responsible for providing support and education to help people manage their diabetes. This includes teaching you how and when to check your blood glucose and what to do with the reading.

Dietitian

Works with you to advise and help you with your specific dietary needs. The aim is to maintain your blood glucose levels within the targets agreed by you and the healthcare team.

What is diabetes?

Diabetes affects the way your body turns food into energy. When you eat, your body changes food into a sugar called glucose. Glucose is the 'fuel' your body needs for all your activities and is also needed to help your baby grow. Diabetes makes it difficult for your body to use glucose as fuel. All people with diabetes have the same problem: too much glucose in the blood.

To carry glucose from your bloodstream to your cells, your body uses insulin. Insulin is a hormone made by a gland near your stomach called the pancreas. Diabetes is caused either by your body not making enough insulin, or not being able to use insulin properly. Glucose is not carried to your cells, so too much stays in the bloodstream. Left untreated, high blood glucose can damage your body. The extra glucose will also be passed to your baby.

The aim of treating diabetes in pregnancy is to prevent complications for both you and your baby.



