

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

Pregnancy Planner

The aim of good diabetes control in pregnancy is to reduce the chance of complications for both you and your baby. You will be offered frequent appointments, often with more than one health professional. The planner below outlines the minimum visits you should have, however depending on your individual circumstances you maybe offered more.

At each appointment from 28 weeks your midwife or doctor will offer tests to check your baby's well-being, which may include an ultrasound scan. They will measure your blood pressure and test your urine for protein.

This planner can be used by your healthcare team, who will tick the boxes to show who you should see and when.

Appointment	Your care should include	Diab	Obs	DSM/ DSN	Dtn	CMW
First Appointment Joint diabetes and antenatal clinic	Advice, information and support about your blood glucose levels. Ask questions about your health and your diabetes. Discuss your current medications. Offer you an eye examination and a kidney test. - if these have not been done in the last 12 months.					
7-9 Weeks	An ultrasound scan to check how many weeks pregnant you are.					
Booking Appointment Ideally by 10 weeks	Information, education and advice about how diabetes will affect your pregnancy, birth and early parenting (breast feeding and initial care of baby).					
16 weeks	Offer you an eye examination if you have had diabetes before pregnancy and were found to have signs of diabetic retinopathy at your first appointment. Review, discuss and record the results of any screening tests from last visit.					
20 Weeks	Offer you an ultrasound scan to check the physical development of your baby including a test to check the development of your baby's heart.					
25 Weeks	If this is your first baby your midwife or Dr will offer tests to check you and your baby's well-being.					
28 Weeks	Offer you an eye examination if you had diabetes before you became pregnant. Offer first anti-D treatment if you are rhesus negative.					
32 Weeks	Review, discuss and record the results of any screening tests from last visit.					
34 Weeks	Offer second anti-D treatment if you are rhesus D negative.					
36 Weeks	Give you information and advice about planning the birth, including types of birth, pain relief and anaesthesia. Changes to medications during and after birth. Information about looking after your baby, including breastfeeding and the effects of breast feeding on your blood glucose levels. Advice on contraception and your care after the birth. Arrange for you to see an anaesthetist if an anaesthetic is likely to be needed.					
38 Weeks	Offer to induce your labour, or offer you a caesarean section if it is the best option for you. Offer to start regular tests to check your baby's health if you are waiting for your labour to start spontaneously.					
Every week from 39 weeks to birth	Offer tests to check you and your baby's well-being.					



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Antenatal visits

Gest = Gestation; B/P = Blood Pressure; EFW = Estimated Fetal Weight.

BF = Breakfast; L = Lunch; E = Evening; BT = Bedtime

Date/Time	Gest	Weight (Kg)	B/P	Urinalysis	HbA1c	EFW	Medication	Dose/units			
								BF	L	E	BT
Any admissions since last appt. No <input type="checkbox"/> Yes <input type="checkbox"/> Reason:											
Comments											
							Signed*				Next contact
Any admissions since last appt. No <input type="checkbox"/> Yes <input type="checkbox"/> Reason:											
Comments											
							Signed*				Next contact
Any admissions since last appt. No <input type="checkbox"/> Yes <input type="checkbox"/> Reason:											
Comments											
							Signed*				Next contact
Any admissions since last appt. No <input type="checkbox"/> Yes <input type="checkbox"/> Reason:											
Comments											
							Signed*				Next contact
Any admissions since last appt. No <input type="checkbox"/> Yes <input type="checkbox"/> Reason:											
Comments											
							Signed*				Next contact

* Signatures must be listed on page 1 for identification

Name
Unit No