

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

### 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:											
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Affix additional assessment sheets here, and number them 10.1, 10.2 etc

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## How is diabetes treated in pregnancy?

### Meet with a dietitian

For anyone with diabetes, the types of food eaten and meal planning are important to control diabetes. All food can turn into glucose. A dietitian can help you learn how to control your blood glucose and provide good nutrition for you and your baby. It is important to:

Eat a wide variety of foods

Avoid sugar and foods high in sugar

Have regular meals which include some starchy food, eg. bread, chapattis, rice, potatoes, pasta

Your health professionals will advise you on your daily recommended amount of fruit and vegetables

Include iron and calcium rich foods on a daily basis

Keep high fat and fried foods to a minimum

### Test your blood glucose with a meter

Your healthcare team will teach you how to do this. They will advise you when to test and what levels to aim for. This helps you and your healthcare team to know how you are responding to treatment. You may wish to use the charts on pages 14 - 19 to record your blood glucose results.

### Take Insulin and/or tablets as directed by your doctor

You may need insulin injections if your body is not able to make enough insulin to control your blood sugar. You will be taught how to give yourself insulin safely. Some women may also be treated with tablets after discussion with the diabetes specialist team.

### Coping with hypoglycaemia ('hypo')

If your blood sugar drops below 3.5 mmol/L you may begin to feel unwell. You may have symptoms such as sweating, shaking, or poor concentration. This is called a 'hypo'. It is important to recognise and treat a hypo as you may become unconscious if your blood sugar drops further. This is not good for you or your baby.

You should always carry something to treat a hypo, such as an energy drink, glucose tablets or glucose gel. Afterwards, eat a carbohydrate snack such as a sandwich or biscuit. Friends and family can be taught to treat hypos if they are severe.

Sometimes you may have a hypo and not realise it. It is particularly important to check your blood glucose before driving a car and eat a snack if your blood sugar is low.

Let your specialist team know if you are having hypos

### Monitoring

Because of your diabetes, you may need further monitoring during the pregnancy, which will include extra ultrasound scans to check your baby's growth.

### Preparing for birth

Your healthcare team will discuss with you the best way to deliver your baby. The aim is for a normal labour and birth where possible. It is not usually advisable for your pregnancy to go beyond your due date.

\* Signatures must be listed on page 1 for identification

Name

Unit No

page

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