

Alcohol and diabetes

Pregnancy planning checklist

This checklist is for women with type 1 or type 2 diabetes to help plan and prepare for pregnancy.



Start planning and preparing for pregnancy at least three to six months before you start trying for a baby.

Use this checklist as a guide to discuss with your health professionals.



More information

For more information about pregnancy and diabetes, or to order a free copy of the NDSS booklet, *Having a healthy baby*, go to www.pregnancyanddiabetes.com.au

What you need to do BEFORE you fall pregnant:

- Use effective contraception until you are ready to start trying for a baby
- Talk to your GP for general pregnancy planning advice
- Make an appointment with health professionals who specialise in pregnancy and diabetes
- Aim for an HbA1c of less than 53mmol/mol (7%) if you have type 1 diabetes, or 42mmol/mol (6%) or less if you have type 2 diabetes
- Review your diabetes management with your health professionals
- Have all medications checked to see if they are safe to take during pregnancy
- Start taking a high-dose (2.5mg – 5mg) folic acid supplement each day
- Have a full diabetes complications screening and your blood pressure checked
- Aim to be in the healthy weight range before you fall pregnant.