

Some helpful resources
can be found here:

The Ministry
of Health navigator page

[https://www.healthnavigator.org.nz/
health-a-z/d/diabetes-pre-
existing-and-pregnancy/](https://www.healthnavigator.org.nz/health-a-z/d/diabetes-pre-existing-and-pregnancy/)

Diabetes New Zealand

[https://www.diabetes.org.nz/
managing-diabetes-pregnancy](https://www.diabetes.org.nz/managing-diabetes-pregnancy)

Find your midwife

[https://www.findyourmidwife.co.nz/
midwives/waikato](https://www.findyourmidwife.co.nz/midwives/waikato)

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**If you have diabetes
and are thinking
about becoming
pregnant read this**



There are a few things
for you to know so that
your pēpi/baby gets the
best start in life

Did you know that many pregnancies in New Zealand are unplanned?

For a healthy pēpi/baby, aim to have blood glucose levels between 4 and 8 mmols BEFORE you get pregnant.

That is an HbA1c less than 53mmol as much as possible without having lows.

The closer you are to having normal blood glucose levels, the healthier the start for pēpi/baby.

Discuss pregnancy with your practice team - even before you are really planning. Preparation is important for a healthy pēpi/baby.

If you do want to get pregnant:

- Stay as healthy as possible - eat well, keep active, stop smoking and stop consuming alcohol.
- Keep your diabetes well controlled.
- Start a high dose of folic acid (5mgs).
- Make sure your eye screening is up to date.
- Some medications that you may be taking are not safe when pregnant (statins, ACE inhibitor, sulphonylurea and DPP-4 inhibitor). Talk to your practice team.

IF YOUR DIABETES IS NOT WELL CONTROLLED - TALK TO YOUR PRACTICE TEAM ABOUT CONTRACEPTION. USE THIS UNTIL YOU HAVE THE CHANCE TO IMPROVE YOUR GLUCOSE LEVELS.

FIND A MIDWIFE EARLY

There are not many midwives and their books are often full. Once you are pregnant, you will need to see the Diabetes in Pregnancy team at Waikato Hospital. They will support you to have the healthiest pregnancy.

**HEALTHY MĀMĀ =
HEALTHY PĒPI/BABY**