

Useful contacts

Diabetes Nurse-on-Call	01851 704704
Family planning clinic	01851 708305
Smoking Cessation	01851 701623
Podiatry <i>(To arrange Diabetes foot screening)</i>	01851 708285
Diabetes Eye Screening Service	01851 708331

Further information and help

For further information contact:

Diabetes Nurse-on-Call
Western Isles Hospital
MacAulay Road
Stornoway
Isle of Lewis
Tel. 01851 704704

www.wihb.scot.nhs.uk



Bòrd SSN nan Eilean Siar
NHS Western Isles

The Diabetes Centre

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at: www.wihb.scot.nhs.uk or share your story at: www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

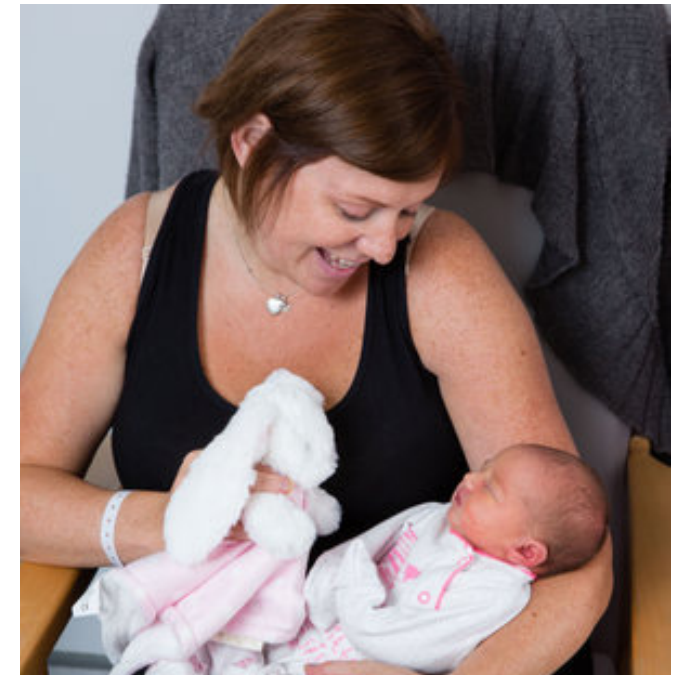
Version: 1.1 Review Date: August 2023
Written by: The Diabetes Centre, NHS Western Isles

Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

© NHS Western Isles Copyright 2021.
All rights reserved.

Pre-pregnancy advice for women with diabetes



Useful information and advice

Thinking about pregnancy?

It is vitally important for all women with Diabetes who are considering pregnancy to have excellent diabetes control, aiming for an HbA1c 53mmol/mol or below.

Please do not stop or plan to stop contraception if HbA1c is out of target.

If attending the Diabetes Centre please speak with the Diabetes Dietician or Diabetes Specialist Nurse about Pre-Pregnancy Counselling, and if not please discuss with your GP or Practice Nurse for onward referral to the Diabetes Centre.

Pre-pregnancy counselling and what to expect

- Diet and lifestyle advice. The need for a healthy BMI.
- Smoking cessation. To stop smoking, contact your local 'Quit Your way Hebrides' smoking cessation team on 01851 701623.
- Provision of contraception. There are many means of contraception available and your General Practitioner, Practice Nurse or Family Planning Clinic will be happy to give advice on what is most appropriate for you.
- Commencement of home blood glucose monitoring, setting clear blood glucose targets and regular discussion with the Diabetes Team about your results.
- Reviewing other medications you may

be on and possibly changing them. Many medications (prescription, over the counter and herbal) are not advised in pregnancy.

- Assessment and management of possible diabetes complications. It is important to attend for your annual eye and foot screening, in case any complications have arisen without your knowledge.
- Starting Folic Acid 5mg. Folic Acid at this dose is important in preventing conditions such as Spina Bifida.
- Discussion of possible risks to you and your baby and your management during pregnancy including links with the Diabetes and Obstetric experts at the Queen Elizabeth University Hospital in Glasgow.

What risks are we talking about if control is poor and planning hasn't taken place?

Risks to the mother

- Miscarriage.
- Hypoglycaemia/Diabetic Ketoacidosis, both of which can cause coma and severely endanger the baby.
- Worsening of eye, kidney and nerve problems if present and new development of these if not already present.
- Pre-eclampsia, a severe pregnancy complication associated with high blood pressure, is twice as common.
- Increased need for Caesarean Section and Forceps Delivery.

- Increased risk of Infection.

Risks to the baby

- Stillbirth.
- Major organ defects including: heart, brain, kidney, gut and skeleton. Some of these are not compatible with survival.
- Pre-term birth and the need for neonatal unit admission.
- Macrosomia - a 'big baby' - and remember big babies are not always healthy babies and there may be difficulties in delivery.

Importance of folic acid

All women with Diabetes planning a pregnancy are recommended to take 5mg of Folic Acid (*which is more than the amount of Folic Acid prescribed for women without Diabetes*) before they become pregnant and throughout the whole duration of their pregnancy.

This can be prescribed by your GP. The reason Folic Acid is prescribed is to prevent birth defects such as Spina Bifida.

Smoking

Smoking in pregnancy increases risk of stillbirth and cot death. Latest research shows that one cigarette contains over 7,000 chemicals!

To stop smoking, contact your local Quit Your Way Hebrides smoking cessation team on 01851 701623.