

Pregnancy Planning Checklist

Plan and prepare at least 3-6 months before you start trying for a baby

For women
with type 1
or type 2
diabetes

What you need to do BEFORE you fall pregnant

- ☐ Use contraception until you are ready to start trying for a baby (*ask your doctor if this is the most reliable contraception suitable for you*)
- ☐ Talk to your doctor 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 diabetes health professionals
- ☐ Have all your 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 for a healthy weight before you fall pregnant

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

www.pregnancyanddiabetes.com.au