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

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

This checklist is intended as a guide only. It should not replace individual medical advice and if you have any concerns about your health or further questions, you should contact your health professional.

The National Diabetes Services Scheme is an initiative of the Australian Government administered with the assistance of Diabetes Australia.