

# Planning a healthy pregnancy

## Information for patients and families

### Why is planning for pregnancy important?

**Planning a pregnancy is especially important if you have type 1 or type 2 diabetes.** If your diabetes is not well managed before and during the pregnancy, there can be a greater risk of complications for you and your baby.

**Aim for an A1C of less than 6.5-7.0 percent before you become pregnant.**

Talk to your health care team about planning for pregnancy. This will help you to have the healthiest pregnancy possible.

### What should I do before I get pregnant?

#### 1. Use birth control

- ✓ Use an effective form of birth control until your blood sugar is well controlled. Talk to your doctor about birth control options.

#### 2. Review the medicines you are taking

- ✓ Talk to your doctor to make sure the medicines you are taking are safe during pregnancy.
- ✓ Your doctor may recommend stopping certain medicines if you are planning to get pregnant.

#### 3. Get tested for diabetes complications

- ✓ **If you are planning to become pregnant, your doctor will test for eye disease, kidney disease, nerve damage and heart disease.**
- ✓ **If you have any diabetes complications, your doctor will watch them closely before and during your pregnancy.**

#### **4. Take folic acid and vitamin supplements**

- ✓ Start taking a prenatal vitamin that contains at least 1 milligram of folic acid at least 3 months before trying to become pregnant.
- ✓ Ask your doctor how much folic acid to take. You may need more folic acid than is in a regular prenatal vitamin

#### **5. Enjoy a healthy lifestyle**

- ✓ Eat healthy
- ✓ Be active
- ✓ Do not smoke – Talk to your doctor for help quitting or check out [www.smokershelpline.ca](http://www.smokershelpline.ca)
- ✓ Do not drink alcohol or use recreational drugs

**If you become pregnant before you have a chance to plan, see your health care team as soon as possible.**