

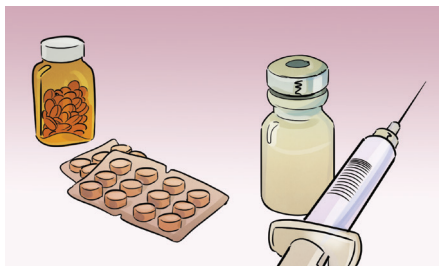
5 - Pregnancy in diabetic women

If you know you are diabetic before you become pregnant, you will have to plan your pregnancy. The best time to conceive a baby is when your blood glucose levels are under good control, and you will have to have tests to establish whether you have any of the complications of diabetes.

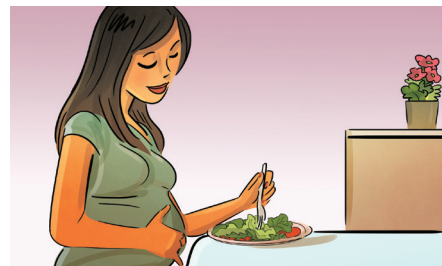
What to do



You must talk to a team of specialist healthcare providers before and during your pregnancy, in order to build a trusting relationship with them.



If you have type 2 diabetes mellitus, while you are pregnant, you will have to stop taking any oral or injected anti-diabetic medication (which may be dangerous for your baby) and start taking insulin as instructed by your doctor.



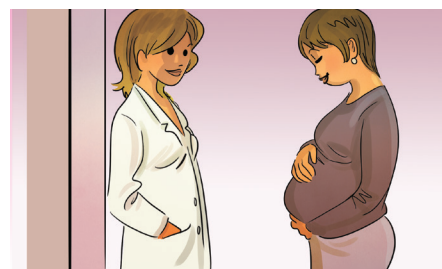
During pregnancy you must eat a balanced diet, with neither too much nor too little sugar, and try to put on the right amount of weight. It is useful to follow a personalised diet prepared by a dietician.



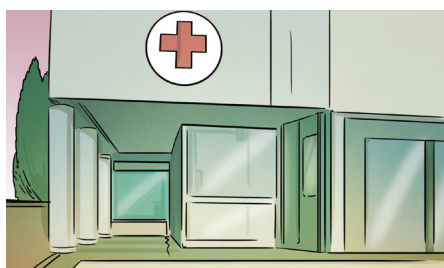
You must check your blood glucose every day before and 1 and 2 hours after meals, following your doctor's instructions and should adjust your insulin doses with the help of your diabetes specialist.



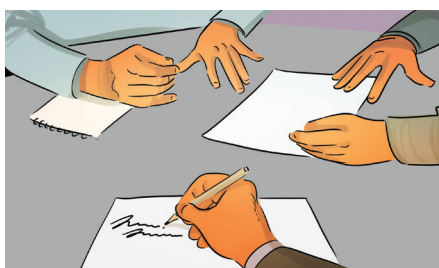
In the morning, at least twice a week, you must check your blood pressure and weight; if you had type 1 diabetes before you became pregnant, it is also advisable to monitor the ketone body levels in your urine.



You should have regular Diabetes Centre check-ups and follow your diabetes specialist's instructions, in order to personalise your treatment and obtain the best possible control over your blood glucose levels.



It is important to give birth at a hospital where they have a neonatal intensive care unit.



Medical staff present at the birth must be informed about the progression of your diabetes during pregnancy.



It is essential for you to take your pregnancy calmly, in the knowledge that the risks can be kept under control.