There are a few things for you to know so that your pēpi/baby gets the best start in life

Some helpful resources can be found here:

The Ministry of Health navigator page
https://www.healthnavigator.org.nz/
health-a-z/d/diabetes-pre-existing-and-pregnancy/

Diabetes New Zealand
managing-diabetes-pregnancy

Find your midwife
https://www.findyourmidwife.co.nz/
midwives/waikato

If you have diabetes and are thinking about becoming pregnant read this

2020

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Pinnacle Incorporated

Hauraki PHO
Te Puna Haora Matua o Hauraki

Waikato District Health Board
Te Hanga Whaoranga Mā Te Hui – Building Healthy Communities
Did you know that many pregnancies in New Zealand are unplanned?

For a healthy pēpi/baby, aim to have blood glucose levels between 4 and 8 mmols BEFORE you get pregnant.

That is an HbA1c less than 53mmol as much as possible without having lows.

The closer you are to having normal blood glucose levels, the healthier the start for pēpi/baby.

Discuss pregnancy with your practice team - even before you are really planning. Preparation is important for a healthy pēpi/baby.

If you do want to get pregnant:

- Stay as healthy as possible - eat well, keep active, stop smoking and stop consuming alcohol.

- Keep your diabetes well controlled.

- Start a high dose of folic acid (5mgs).

- Make sure your eye screening is up to date.

- Some medications that you may be taking are not safe when pregnant (statins, ACE inhibitor, sulphonylurea and DPP-4 inhibitor). Talk to your practice team.

If your diabetes is not well controlled – talk to your practice team about contraception. Use this until you have the chance to improve your glucose levels.

FIND A MIDWIFE EARLY

There are not many midwives and their books are often full. Once you are pregnant, you will need to see the Diabetes in Pregnancy team at Waikato Hospital. They will support you to have the healthiest pregnancy.

Healthy Māmā = Healthy Pēpi/Baby