

MY PLAN

Since many pregnancies are not planned, I will work with my health care team to be the healthiest I can be for me **now** and for my **baby** later in case I get pregnant.

I will:

- Take 400 mcg of folic acid every day;
- Check my blood sugars before and one hour after every meal to make sure my diabetes and blood sugars are in good control;
- Have a complete physical exam every year;
- Find a doctor who cares for women with diabetes during pregnancy (perinatologist and endocrinologist);
- Have a complete dental exam every year;
- Talk to my doctor about family planning and choose a method that will work for me; and
- Ask about health care cost coverage. (If you have health insurance, call your health care plan to see what services they cover.)



WHO CAN I TALK TO?

For more information or help finding a doctor, call:

provider information label

you can also go to these websites:
www.cdph.ca.gov/programs/cdapp/
www.everywomancalifornia.org
www.marchofdimes.com
www.diabetes.org
www.eatright.org



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Prepare for Pregnancy: It could happen to you



WHAT IS PRE-PREGNANCY CARE?

Pre-pregnancy, or preconception, care and education means working with a team of diabetes experts **before** you become pregnant. The goal is to be the healthiest possible before becoming pregnant so that you have healthy children.

This includes having complete physical and dental exams, and other labs and tests done. It also means:

- ▶ Working with your health care team before trying to get pregnant to make sure your diabetes is in good control (A1C of 6.5 or less)
- ▶ Learning about health risks for you and your baby and how to prevent them
- ▶ Learning how to include meal planning, medication, & exercise in your daily routine



- ▶ Planning with your partner the best time to have a baby



WHY IS PRE-PREGNANCY CARE IMPORTANT?

If you have a hard time controlling your blood sugar when you are not pregnant, controlling your blood sugar when you are pregnant can be even harder. Pre-pregnancy care and education are important because they help you get your blood sugar into a healthy range. Problems caused by blood sugars that are out of control include:

...for you:

- ▶ Vision problems
- ▶ Kidney problems
- ▶ High blood pressure
- ▶ Gum disease

...for your Baby:

- ▶ Low blood sugar
- ▶ Birth defects (especially of the spine, heart, & kidneys)
- ▶ Miscarriage or stillbirth
- ▶ Baby grows too big or too small
- ▶ Diabetes, heart problems and obesity in the future

WHAT YOU CAN DO

- ▶ Take folic acid to help reduce the risk of birth defects
- ▶ Keep your diabetes and blood sugar under control for 3 to 6 months before getting pregnant
- ▶ Bring your questions to your health care team
- ▶ Have a complete physical exam
- ▶ See a diabetes and pregnancy specialist, ask about diabetes medicine, eye, foot, thyroid, kidney and any other exams needed
- ▶ Have a dental exam
- ▶ Plan with your partner the best time to have a baby. Share your plans and what you have learned with your family and friends

