

## Some helpful resources

Health Navigator

[www.healthify.nz/health-a-z/d/diabetes-pre-existing-and-pregnancy](http://www.healthify.nz/health-a-z/d/diabetes-pre-existing-and-pregnancy)

Diabetes New Zealand

[www.diabetes.org.nz/managing-diabetes-pregnancy](http://www.diabetes.org.nz/managing-diabetes-pregnancy)

Find your midwife

[www.findyourmidwife.co.nz/midwives/taranaki](http://www.findyourmidwife.co.nz/midwives/taranaki)

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**Te Whatu Ora**  
Health New Zealand



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



There are a few things  
to know to give  
your pēpi/baby the  
best start in life

# Did you know 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 48mmol/mol 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 drinking alcohol
- keep your diabetes well controlled
- start a high dose of folic acid (5mgs), and iodine
- make sure your eye screening is up to date
- talk to your practice team about medications you may be taking as some are not safe when pregnant (statins, ACE inhibitor, and some of your diabetes medications).

**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 also need to see the Diabetes in Pregnancy team at Taranaki Base Hospital. They will support you to have the healthiest pregnancy you can.

**HEALTHY MĀMĀ =  
HEALTHY PĒPI/BABY**