

# Pregnancy



**There can be risks for pregnancy when you have type 2 diabetes but with the right care and advice you can minimise these for yourself and your baby.**



**Planning, precautions and medical checks are very important for pregnancy.**

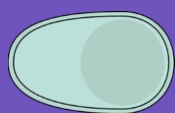


**There are specialised clinics for women with diabetes who are planning a pregnancy or are pregnant.**



**If you are planning a pregnancy or have discovered you are pregnant, speak to your diabetes team. They will refer you to the right service.**

**Having glucose levels in range is very important when you are pregnant.**



**Pregnant women with type 2 diabetes may be entitled to the use of a Continuous Glucose Monitor, paid for by the NHS, to help them manage their glucose levels during pregnancy, speak to your healthcare team to see if this applies to you.**

**If you are planning a pregnancy or have discovered that you are already pregnant, you should start taking folic acid and Vitamin D daily. People with diabetes will need a higher dose of folic acid, so speak to your GP about a prescription.**

**Some tablets and injections for your diabetes are not safe for your baby when you are pregnant, and will need to be changed until you have given birth.**

**It is important that you contact your diabetes team as soon as possible to review your medication. Insulin may need to be started.**

