

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.

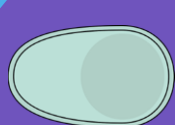


There are specialised clinics for women with diabetes who are planning a pregnancy or are pregnant.



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.

