

### 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/](http://www.cdph.ca.gov/programs/cdapp/)  
[www.everywomancalifornia.org](http://www.everywomancalifornia.org)  
[www.marchofdimes.com](http://www.marchofdimes.com)  
[www.diabetes.org](http://www.diabetes.org)  
[www.eatright.org](http://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



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

