

Getting ready for pregnancy with type 2 diabetes

Information for patients

Do you have diabetes?

Are you thinking about having a baby?

- Most women with diabetes who become pregnant have healthy babies.
- Diabetes can increase the chance of problems during pregnancy for both baby and mother.
- Getting ready for pregnancy helps to reduce some of the risks and improves your chances of a healthy pregnancy and baby – we can help you with this.
- It is important to get advice and plan your pregnancy before stopping contraception.

How can I plan a healthy pregnancy?

We recommend planning a pregnancy carefully and using effective contraception until you are ready.

- Stop smoking
- Ensure your alcohol intake is within recommended limits
- Healthy eating/weight
 - Eating a healthy diet and leading an active lifestyle before and during pregnancy can help your baby develop and grow, and keep you fit and well.
- Optimise blood sugar control
 - In pregnancy the targets for blood sugar control are tighter and we aim for blood sugars as near to normal as possible. This means that we aim for blood glucose levels of 4.0-5.9mmol/L before meals or >70% time in the range of 3.5-7.8mmol/L if you are using flash or continuous glucose monitoring. Similarly we aim for HbA1c (average blood sugar) as close to 48 mmol/mol as possible without significant hypoglycaemia).
- Medication review
- Not all medications taken by people with diabetes are appropriate to continue in pregnancy or in the 3 months before pregnancy. While insulin and metformin are safe in pregnancy, other medications such as cholesterol medication (statins) and some blood pressure medications (for example ACE-inhibitors) are not recommended to be taken while pregnant and alternatives may be needed. Please discuss your medications with your doctor.
- Ensure your diabetes screening is up to date
 - It is important that you have had a recent review of your eyes and kidneys to see if your diabetes has affected them.
- Folic acid: High dose folic acid (5mg daily) is recommended in diabetes, to be taken for at least 3 months before pregnancy and for the first 3 months of pregnancy. This helps prevent neural tube defects such as spina bifida. You can only get high dose folic acid on prescription.
- For further general advice about planning pregnancy please see:

www.tommys.org/pregnancy-information/planning-pregnancy/planning-for-pregnancy-tool

Enjoy preparing for pregnancy and giving your baby a healthy start.



What do I need to know?

What are the risks for my baby?

Most women with diabetes have healthy babies however, the chance of a problems with the baby and/or birth are increased compared to women without diabetes. Good control of your diabetes and working towards a healthy weight can help to reduce this chance.

Miscarriage - the chance of miscarriage in the first few weeks of pregnancy is slightly higher.

Foetal anomaly (a problem with the development and formation of organs) - 2 in every 100 pregnancies can be complicated by congenital anomaly. This chance is increased when you have diabetes. The most common anomalies are of the spinal cord and the heart. Excellent control of your blood sugar can help to reduce this chance close to that of women without diabetes. The higher your blood sugars are early in pregnancy, the higher the chance of an anomaly. You will be offered an ultrasound scan of your baby at 18 and 22 weeks of pregnancy to screen for any anomalies.

Growth of the baby - Diabetes can affect the growth of the baby by either affecting the blood flow in the placenta (leading to a smaller baby) or by the baby receiving too much sugar (leading to a bigger baby). Good sugar control can reduce the chance of a problem with the baby's growth.

Still birth - Babies of women with diabetes have a slightly higher chance of dying inside the womb for reasons that are not completely understood but likely related to diabetic control and placental function. Due to this known risk, you will be offered a planned birth 1-3 weeks before your due date.

Difficulties with birth – There is an increased chance of difficulty birthing the baby's shoulders (shoulder dystocia) at vaginal birth in women with diabetes. This risk is higher if the baby has grown excessively. You will be offered ultrasound scans to monitor the growth of your baby during the later stage of your pregnancy to help you to make a plan for birth with the obstetrics team.

Low blood sugar - Babies born to people with diabetes can have low blood sugars (hypos) in the first hours and days of life. Your baby will be monitored for this by the team in the post-natal ward. The chance of having a baby with low blood sugar readings is higher if you have had higher blood sugar readings in the last few weeks, and even hours, before birth. If your baby has low blood sugar they may need care in the neonatal unit.

What are the risks for me?

Women with diabetes have an increased chance of pregnancy related high blood pressure (hypertension) and a condition called pre-eclampsia. We will offer you regular blood pressure monitoring and checks of your urine for protein to screen for pre-eclampsia. Women with diabetes are more likely to have a caesarean birth or assisted vaginal birth than those without diabetes.

You will be offered care in the diabetes antenatal clinic to make sure all the staff you need to see are in the same place and to optimise your care.

Many women with type 2 diabetes will also have a raised body mass index (BMI). This is a measure that combines your height and weight. We know that having a raised BMI presents increased risks in pregnancy, even for women who do not also have diabetes. For this reason, we have a specific antenatal clinic (the metabolic antenatal clinic) for women with a BMI of 40 or above. If your BMI is raised, you can reduce the risks in pregnancy by losing weight before you become pregnant. We do not advise trying to lose weight once you are pregnant.

As with diabetes, increased weight also increases the risks of pre-eclampsia. You will be offered 150mg aspirin at night from around 12 weeks pregnancy until the last few weeks of pregnancy. Increased weight also increases the risks of blood clots and heart disease. It can also make pain relief and anaesthetics in pregnancy more challenging. The metabolic antenatal clinic includes anaesthetists, specialist dieticians and diabetes doctors as well as midwives and obstetric consultants.

What are the risks for my diabetes?

In the first trimester, if you are on insulin injections, there is an increase in the chance of you having low blood sugar (a 'hypo') and of you being less aware of the drop in your blood sugar. In the third trimester, hormonal changes make your body less responsive to insulin and we expect that you will need significant increases in your diabetes treatment over these few months. These changes revert to normal once the baby is born. You may therefore need insulin treatment for part of the pregnancy even if you do not need insulin normally. This does not mean that you will need to remain on insulin after your baby is born.

Ordinarily, women with type 2 diabetes may not be doing regular blood glucose testing at home. Ideally, all women with type 2 diabetes should be able to test their blood glucose at home before they become pregnant. This will help to achieve good blood glucose control before the baby is conceived and during pregnancy. We expect that you will need to test your blood glucose levels at least 4 times a day in the build-up to pregnancy and during the pregnancy itself.

During pregnancy there is an increased chance of developing a complication called diabetic ketoacidosis (DKA). Outwith pregnancy, this mainly affects people with type 1 diabetes, but it can affect women with type 2 diabetes in pregnancy. We may therefore recommend that you check for ketones if your blood sugar rises above 10. Your team will discuss this with you on an individual basis.

If you have pre-existing diabetic eye disease or diabetic kidney disease, these can worsen during pregnancy, and may not recover after your pregnancy has ended. We recommend that if you have existing eye or kidney disease you discuss this with your care team before considering pregnancy. All women with diabetes are offered eye and kidney screening in each trimester to ensure any changes can be monitored and treated if needed.

What should I expect from my diabetes and obstetric antenatal team in pregnancy?

Appointments - We will see you regularly throughout your pregnancy. We will offer you an appointment (in person or by telephone) with a diabetes and obstetric doctor at least every month. The team will also be available to contact by telephone or email between appointments. We will provide you with meters that can be uploaded remotely so we can discuss your sugar control accurately with you.

Insulin – If you are treated with insulin, your insulin requirements will change significantly though the pregnancy. Close monitoring and adjustment of doses is important so that we can support you with these changes. Try not to get frustrated by this – you will get there, and we are here to work with you.

Medications - Other medications will need reviewed ahead of pregnancy to make sure they are appropriate for pregnancy. We may suggest changing to alternative medications in some circumstances. The only medication for type 2 diabetes which is safe to use in pregnancy (other than insulin) is metformin. If you are taking any other medication for your type 2 diabetes it is important that this is stopped before you discontinue your contraception. It is also important to have good blood glucose control before you become pregnant so it may be necessary to convert to insulin injections prior to pregnancy, depending on your level of blood glucose control and your current treatment.

People with type 2 diabetes often take other medications. Some of these are not appropriate to continue in pregnancy, particularly cholesterol medication (statins) and some blood pressure medications (for example ACE-inhibitors)). It is recommended that statins be discontinued 3 months before trying to conceive. Please don't stop any medications without discussion with your doctor, who can review your treatments and make a plan for which ones need to be stopped or changed.

Looking after your diabetes - Changes related to diabetes can occur more quickly during pregnancy. We offer eye screening (photographs), a kidney blood and urine check and thyroid check every trimester. We will also check your HbA1c (average blood sugar) every trimester.

Scans

- You will be offered an ultrasound scan around 8 weeks to check the pregnancy is developing.
- You will be offered a routine booking scan around 12 weeks to date the pregnancy.
- You will be offered an anomaly scan at 18 weeks to look at the baby's organ development and an additional scan around 22 weeks to look at the baby's heart in more detail.
- You will be offered scans to check that your baby is growing well in your 3rd trimester.

Birth

- We recommend that women with diabetes give birth in a labour ward in hospital. We will discuss this in more detail later in your pregnancy and make a plan with you.
- You may need intravenous insulin during labour as you won't be eating in labour. Labour makes it very difficult to control your blood sugar with normal insulin and high blood sugar levels in labour can affect the baby in the first few hours of life. This will be managed by the hospital team but please discuss this beforehand if you have any questions or concerns. If you are already on insulin, we recommend that you **continue** your long acting insulin in labour even if you are on intravenous insulin. When baby is born your insulin requirements will rapidly return to what they were before pregnancy. If you were already on insulin before pregnancy, it is a good idea to make a note of your insulin requirements pre-conception to remind you what you will need after the pregnancy.
- Breastfeeding is safe for you and your baby. If you choose to breastfeed, there is a higher chance of hypoglycaemia if you are treated with insulin. We will give you advice on how to safely manage your diabetes while breastfeeding.

My Personal Care Plan

My Checklist - I have:

Stopped smoking or do not smoke	
Stopped drinking alcohol or do not drink alcohol	
Considered healthy eating and asked for a referral to a dietician if I wished	
Considered my weight and ensured it is as healthy as possible	
Checked and discussed my HbA1c (average blood glucose) – my target is:	
Ensured I am checking my blood sugar regularly, my targets are:	
Had a review of my medications	
Had my eyes and kidneys checked	
Started Folic Acid 5mg daily (ideally at least 3 months before stopping contraception)	
Had advice about hypoglycaemia and have discussed whether I need a glucagon kit (Patients with insulin treated diabetes only)	
I have discussed continuous glucose monitoring with my diabetes team (Patients using multiple daily dose insulin)	
My pre-conception insulin doses are:	

Ready? Stop contraception, keep taking folic acid 5mg and good luck!

I have a positive pregnancy test – what should I do?

I want to continue with the pregnancy:

- **Call the centralised booking system on 0131 536 2009** – this registers your pregnancy, giving you your estimated delivery date and your midwifery appointments will be arranged for you.
- **Call the diabetes specialist nurse helpline (0131 5371746 WGH, 0131 2421471 RIE, 01506 523856 SJH)** – the diabetes specialist nurses will ensure you are booked into the next available diabetes/obstetric clinic.

I don't want to continue with the pregnancy: Please contact your GP or the Lothian Sexual Health Service.