

PRECONCEPTION CARE CHECKLIST:

If you have type 1 or type 2 diabetes you are probably aware that your diabetes can make pregnancy more complicated. However, with good medical and self –care and careful planning, women with diabetes can have safe pregnancies and healthy babies. You can use this checklist to accomplish these goals:

You may need to make lifestyle changes to increase your chances for a healthy pregnancy and baby:

- Stop smoking
- Avoid alcohol

See a registered dietitian (RD) ASAP to make your eating the healthiest it can be

- Hint : keep a 3 day record of everything you eat and drink and bring it to your appointment
- Cut out processed foods like cereals, deli meats, soft cheeses like brie, and high mercury fish like albacore tuna and raw meats and raw fish like sushi and smoked salmon.
- If you are overweight loose at least 5-10% of your body weight or even better get to a normal weight! The dietitian can help you with this goal.
- Start taking a prenatal vitamin the contains at least 400mcg of folic acid daily
- Find an activity that you can commit to for a total of 30 minutes everyday

See a Perinatologist – an expert in high risk pregnancy- or a knowledgeable provider concerning diabetes and pregnancy

- Get your A1C under 6.5%
- Start checking your blood sugar @ fasting, before and one hour after each meal and at bedtime- get a few at 3 am also. That is about 8-9 times a day- see if you can do that for a week. Shoot for a fasting around 100 and the one hour after a meal around 140. Bring your results to the doctor/provider and or to the dietitian.
- Be prepared to discuss your medicines with the doctor and any supplements you have been taking. Certain medications are not safe during pregnancy and will need to be changed before conception. Check the expiration date on your glucagon (type 1)
- Ask your primary doctor to get the following labs just before your preconception visit with the Perinatologist - bring those most current results with you to the appointment.
 - A1C
 - TSH (thyroid)
 - Microalbumin (urine test)
 - CBC (blood count)
 - Creatinine (kidney function)
 - Lipid panel (fasting)
 - Vitamin D level
 - AST (liver)
- Get your eyes checked by a retinal specialist (ophthalmologist) - bring the report to your preconception visit.
- Get an ECG (electrocardiogram) if you are over 35 years old.
- Be prepared for weekly contact with your diabetes team during pregnancy and face to face contact at least once a month. In the last trimester visits can be as frequent as twice weekly.
- Consider insulin pump therapy