



## Staying Healthy During Pregnancy



This is your first pregnancy. You have had type 2 diabetes for 10 years. You came to clinic as soon as you thought you were pregnant. You are feeling overwhelmed after your clinic visit today. Your health care provider said you are 6 weeks pregnant. He also said:

- you need to start taking insulin instead of the diabetes pill you have been taking
- you need to check your blood sugar more often than the 2-3 times a week you check now
- you need tests and examinations at the clinic

You are waiting to see the diabetes educator and you have many questions and concerns to talk with her about.

**1. What are some of the questions/concerns you have about the baby? What might the diabetes educator say to you about these concerns?**

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**2. What are some of the questions/concerns you have about your health during this pregnancy? What might the diabetes educator say to you about these concerns?**

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You are waiting to see the diabetes educator and you have many questions and concerns to talk to her about.

### 1. What are some of the questions/concerns you have about the baby? What might the diabetes educator say to you about these concerns?

Concerns may include:

- effect of high blood sugar on the baby
- effect of diabetes pills/insulin on the baby
- effect of tests/procedures/examinations on the baby

The educator might talk about:

- importance of reaching and staying at target blood sugar goals to prevent problems for mother/baby
- ways to reach and stay at target blood sugar goals
- frequency of monitoring (blood sugar, ketones, etc.)
- tests/procedures/examinations and reasons for them
- insulin injections not hurting the baby
- resources and support available
- behavior change planning in small, easy-to-do steps

### 2. What are some of the questions/concerns you have about your health during this pregnancy? What might the diabetes educator say to you about these concerns?

Concerns may include:

- effect of high blood sugar on the mother
- effect of pregnancy on mother's diabetes
- how to fit in frequent monitoring
- use of insulin and/or increase in amount used
- how to fit in frequent clinic visits
- what tests/procedures/examinations will be like

The educator might talk about:

- importance of reaching and staying at target blood sugar goals to prevent problems for mother/baby
- ways to reach and stay at target blood sugar goals
- frequency of monitoring (blood sugar, ketones, etc.)
- need for changes in insulin
- tests/procedures/examinations and reasons for them
- resources and support available
- behavior change planning in small, easy-to-do steps



