



Pregnancy and Diabetes: First Steps



You have had type 2 diabetes for two years. You take Metformin 500mg twice a day. Your last diabetes care was four months ago. At that time, your A1c was 7%. You check your blood sugar a few times a week.

You came to the clinic today because you are feeling tired and sick to your stomach. You were surprised to learn that you are 12 weeks pregnant and you are having a hard time accepting it right now. You are also worried about the effect of your diabetes on your pregnancy and baby.

1. What would you do about the feelings you are having right now?

2. What care, follow-up and support would be important for you and your baby right now? What are your resources for this?

3. What are your target blood sugar goals for your pregnancy? What would you do to reach and stay at these blood sugar goals?





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1. What would you do about the feelings you are having right now?

There are many things a woman with diabetes can do to handle her feelings, such as:

- talking with someone about her feelings
- keeping a diary of her thoughts and feelings
- being active
- meditating or praying
- asking the health care team for help if feelings:
 - make it hard to care for oneself, the pregnancy and/or diabetes
 - make it hard to care for family
 - are negative, too strong and last more than 1 or 2 weeks

2. What care, follow-up and support would be important for you and your baby right now? What are your resources for this?

Important care, follow-up and support include:

- stop Metformin
- take insulin (if needed)
- check blood sugar more often
- write blood sugar in a logbook and take to health care visits
- reach and stay at target blood sugar goals
- make healthy food choices
- be active
- keep health care appointments
- talk with health care team
- get needed tests

Resources for care and support during pregnancy include:

- you and your family
- health care provider
- obstetrician/perinatologist
- midwife
- diabetes educator
- dietitian
- eye doctor
- dentist
- public health nurse
- social service staff
- behavioral health staff
- Women, Infants and Children (WIC) Program
- tobacco/alcohol/drug programs

3. What are your target blood sugar goals for your pregnancy? What would you do to reach and stay at these blood sugar goals?

Blood sugar goals for pregnancy are:

- fasting: 60-90 mg/dl
- 1 hour after meals: 100-140 mg/dl
- 2 hours after meals: 100-120 mg/dl

To reach and stay at target blood sugar goals:

- check blood sugar often, write blood sugar numbers in a logbook and take logbook to visits with the health care team
- make healthy food choices
- be active
- take medicine (if needed)
- keep clinic appointments
- handle feelings and stress
- avoid alcohol



