

Before You Get Pregnant

This handout explains what to do before you get pregnant, how to choose a pregnancy doctor, and gives you a place to write down details about your pregnancy plan.

Have diabetes under control **BEFORE** you get pregnant

- A good fasting blood sugar is below 95
- A good HbA1c is 7 or less
- It will be better for your baby

Tell your doctor you plan to get pregnant

- Get a check up to make sure your diabetes is under control
- Some drugs are OK to take when you are pregnant
- Ask your doctor about the drugs you take
- Ask about the side effects to watch out for
- You will need to see an eye doctor

Choosing a pregnancy doctor

- Choose a doctor who has treated pregnant women with diabetes
- Get prenatal check ups

Make a plan with your doctor

- Blood sugar goals:
 - _____
- Blood pressure goals:
 - _____
- Weight gain goals:
 - _____