

Many problems seen in infants of diabetic mothers are the direct result of the mother's blood sugar (glucose) being too high. Treat your diabetes before you become pregnant, because some problems can get worse with pregnancy.

“I have diabetes and want to have a baby. What should I do?”

1. Keep up with your birth control until you discuss your pregnancy plans with your doctor.
2. See your doctor three to six months before you try to have a baby.
3. Before you become pregnant, get your blood glucose under control and stay in control all the way through your pregnancy.
4. Your doctor will evaluate your heart, blood pressure, kidneys, and eyes and talk to you about the risks to you and your baby.
5. If you are taking a pill to control blood glucose or using insulin, talk with your doctor about your medicine.
6. Ask your doctor about taking folic acid and how much of this vitamin you need. This can reduce your risk of some birth defects if you take it before you become pregnant and early in your pregnancy.

“Why is it important to control my blood glucose before I become pregnant and while I am pregnant?”

Being pregnant can be risky for women not in control of their diabetes. If you do not have your diabetes under control you are at more risk for the following:

- Birth defects
- Miscarriage
- Stillbirth
- Having a large baby which makes vaginal delivery harder and can put your baby at risk for birth injury
- High blood pressure
- Preterm labor and/or delivery
- Ketoacidosis (a serious condition that results from high blood glucose)

If you are not in good control of your diabetes, some of the problems your baby may have include:

- Low blood glucose soon after birth which can lead to seizures if not corrected quickly
- Enlarged heart (cardiomyopathy)
- Jaundice from increased bilirubin
- Immature lungs
- Prematurity

The risk of birth defects decreases if you have very good blood glucose control that starts before you are pregnant.



Tight blood glucose control also reduces the risk of miscarriage, stillbirth, having a large baby, and other newborn problems.

Talk to your doctor before you become pregnant.

If you have diabetes, work closely with your doctor and health care team to plan a healthy pregnancy.





ASK YOUR DOCTOR



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