

Pregnancy and Diabetes

Your health before pregnancy is important. With appropriate planning, women with diabetes can have a normal pregnancy. Talk with your partner and your diabetes team about how to plan for a healthy pregnancy. Your doctor will discuss how to achieve healthy glucose targets and hemoglobin A1c. This will reduce the risk for complications for you and your baby.

If you are NOT thinking about pregnancy:

- What is your birth control method?
- How are you protecting yourself from sexually transmitted diseases (STDs)?

If you ARE thinking about pregnancy:

- See a high risk obstetrician/gynecologist
- Discuss tighter glucose and hemoglobin A1c goals with your doctor
- Follow a healthy diet and exercise routine

Risks of high glucose during pregnancy



For mom

- Worsening of existing diabetes complications, i.e., kidney or eye disease
- Preeclampsia (high blood pressure + protein in urine)
- Early labor
- Delivery complications



For baby

- Miscarriage and stillbirth
- Birth defects such as brain, heart and spinal cord problems
- Large baby

If you become pregnant

- Contact your diabetes team as soon as possible.
- Follow instructions provided by your diabetes team to reduce risk of complications.
- Contact a high risk obstetrician for prenatal care (make sure you tell them you are diagnosed with diabetes).
- Start checking your blood glucoses before meals, 2 hours after meals, at bedtime and at 2 a.m.
- Insulin may need to be adjusted as insulin needs change throughout pregnancy.

Note

The first 12 weeks of pregnancy are critical as major organs are developing.

Question of the day

How might pregnancy impact school or work activities?

Diabetes Line
832-822-3670

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YADP
Young Adult Diabetes Program



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