


Healthy mum, healthy bub: pregnancy and type 1 or type 2 diabetes





Please be advised that this resource may contain images of Aboriginal or Torres Strait Islander people who are now deceased.

Acknowledgements

This resource has been developed in consultation with Aboriginal people, health specialists, health organisations and community groups. We are thankful to all who contributed.

The development of this booklet has been informed by the 'Having a Healthy Baby' booklets for women with type 1 and type 2 diabetes. The 'Having a Healthy Baby' booklets were produced as part of the National Diabetes Services Scheme (NDSS) Diabetes in Pregnancy National Development Program. The NDSS is an initiative of the Australian Government administered by Diabetes Australia. Copyright in the 'Having a Healthy Baby' booklets belongs to the Australian Government.

Diabetes WA would like to thank the Aboriginal women and their families, and the Aboriginal Health Practitioners/Workers who kindly donated their time to be photographed for this booklet.

This booklet will help you understand type 1 and type 2 diabetes in pregnancy. The information in this booklet should not take the place of advice you will receive from your doctor and diabetes specialists. It aims to help you to learn as much as you can about type 1 and type 2 diabetes in pregnancy so that you can have a healthy pregnancy and have a healthy baby.



Contents

Can I have a healthy baby?.....	4
What can I do to have a healthy baby?.....	5
What if I feel stressed?	6
How do I keep healthy during my pregnancy?	7
What are the risks for baby?	12
How will pregnancy affect my diabetes?	13
What can I do to stay healthy after my baby is born?	15
Your pregnancy checklist	16
Helpful contacts.....	18

Can I have a healthy baby?



→ **When you have type 1 or type 2 diabetes there are extra needs for you and baby but with planning and care you can have a healthy baby.**

To give you and baby the best start, try to get your body ready for pregnancy at least three months before you start trying to get pregnant. This is important because high blood glucose levels in early pregnancy can cause problems for baby's health.

If you are already pregnant, don't worry, you can make sure you and baby are healthy by making changes now.

What can I do to have a healthy baby?

The best place to start is by visiting your health worker or clinic to tell them you are planning on becoming pregnant or are pregnant.

Your health worker will give you a health plan to help you look after yourself and your baby.

Some medications you are taking could be harmful to your baby and may need to be stopped or changed.

If you are not already taking insulin your health worker might recommend insulin injections as the best way to manage your blood glucose (sugar) levels.



What if I feel stressed?

- You may find managing your diabetes during pregnancy hard. Many people feel stressed during this time.
- Make sure you have lots of support from family and friends and talk to your health worker about how you feel.



How do I keep healthy during my pregnancy?

It is important to look after yourself.

Make sure you go to all of your appointments. Take your partner, a family member or a friend to all of your appointments.

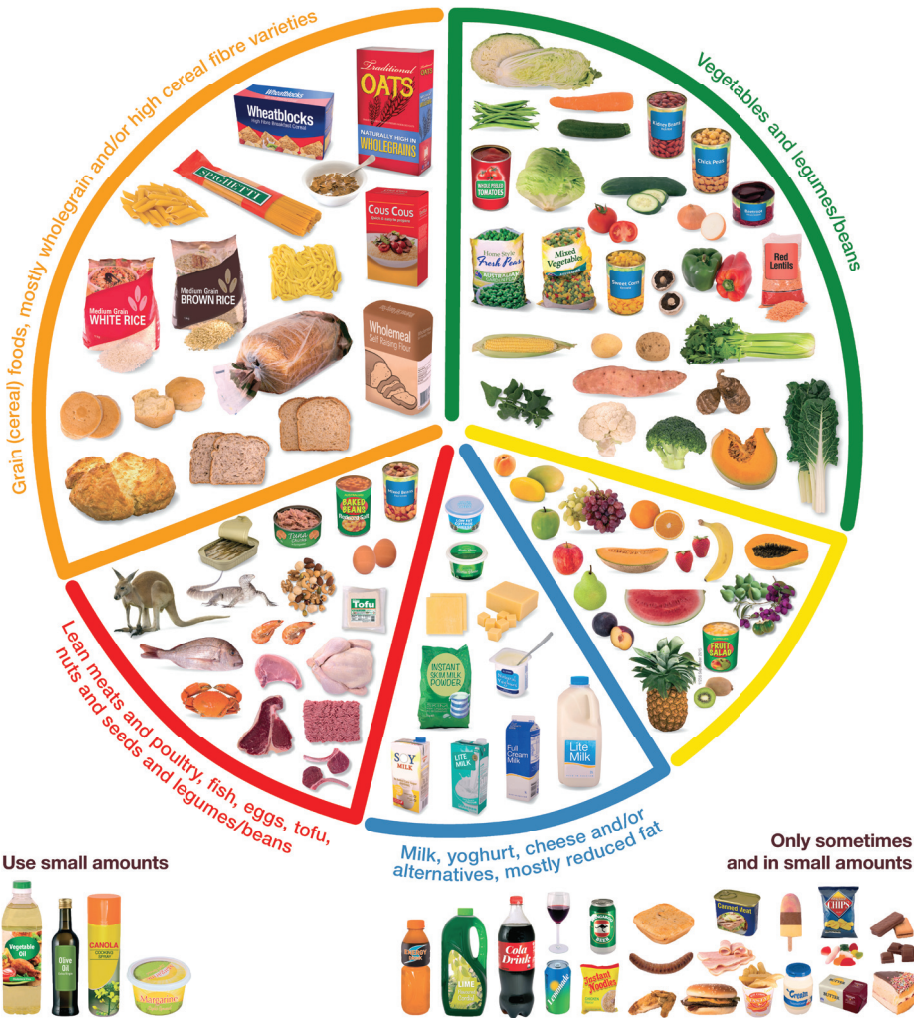
Managing your blood glucose levels during pregnancy will help keep you and your baby healthy.

Choosing healthy foods, doing exercise, taking medication and insulin and remembering to do your home blood glucose checking are all important.



How do I keep healthy during my pregnancy?

Enjoy foods from each of the five food groups every day.



Have a yarn with your health worker about a healthy eating plan.

How do I keep healthy during my pregnancy?

Drink lots of water



Stay away from sugary drinks.



Don't drink alcohol



Don't smoke



Alcohol and smoking can harm you and your baby. Talk to your health worker to get help to stop or reduce drinking and smoking.

How do I keep healthy during my pregnancy?



Keep active

- Exercise gently for at least 30 minutes every day.
- Try walking, swimming, housework or gardening.
- Check with your health worker before starting any energetic exercise.

How do I keep healthy during my pregnancy?



Check your blood glucose levels regularly

- During your pregnancy be prepared for your blood glucose levels to change from what you are used to.
- Follow your health worker's instructions on how often to check your blood glucose levels. Your doctor or diabetes educator will advise you on what blood glucose levels you should now be aiming for.
- Talk to your health worker if you are worried about your blood glucose levels.
- If you feel unwell, talk to your health worker immediately as this can affect your blood glucose levels.

What are the risks for baby?



It is important to manage your diabetes. If your blood glucose levels are too high during pregnancy then it may affect your baby's health.

It may lead to:

- baby growing bigger than he/she should. A large baby can make labour longer and giving birth harder
- baby born by a caesarean
- baby being born too early

After the birth, baby may have:

- trouble breathing and feeding
- low blood glucose levels
- jaundice (yellow skin and eyes)
- a higher risk of developing type 2 diabetes when they grow up.

Baby will not be born with diabetes.

How will pregnancy affect my diabetes?

If you are on insulin, you will find that how much insulin you need will change during pregnancy. This can cause hypoglycaemia (hypos), which is low blood glucose.

Sometimes women who are pregnant don't feel their usual early warnings signs for hypos and sometimes they have hypos more often.

This means it is even more important to check your blood glucose levels often.

If you are taking insulin to avoid hypos:

- Never skip scheduled meals or snacks.
- Make sure you have hypo foods or treatments on you at all times, such as jelly beans.
- Check your blood glucose levels and check insulin needs carefully.
- Keep your appointments and tell your health worker if you have a hypo.
- Tell people close to you the signs of a hypo and how to treat it.



How will pregnancy affect my diabetes?

Other changes to your body caused by diabetes, such as eye problems or kidney trouble, may become worse during pregnancy.

It is important to see your health worker and get checked for diabetes changes before or soon after you become pregnant.

→ **Once baby is born, these diabetes changes will most likely go back to how they were before you became pregnant.**



What can I do to stay healthy after my baby is born?



- Breastfeeding will help give your baby the best start. Breastfeeding can also help you to lose weight gained in pregnancy.
- Breastfeeding does take a lot of energy so ask your health worker about the changes to your blood glucose levels.
- Choose healthy foods, do regular exercise and check your blood glucose levels often.
- If you are planning to become pregnant again make sure you talk to your health worker.
- Talk to your doctor about your diabetes medicine and insulin.
- Make sure you take your medication and insulin.

Your pregnancy checklist

Prepare for pregnancy	
At least three months before you get pregnant	Visit your health worker to tell them you are planning to become pregnant.
	Review your pre-pregnancy diabetes management plan and medications with your health worker.
	Meet your diabetes and pregnancy health professionals. Your health worker can tell you who these are.
	Follow your doctor and other health professional's instructions on how to prepare for a healthy pregnancy.
Pregnancy	
Confirm you are pregnant	As soon as you find out you are pregnant visit your health worker to tell them the good news.
	Your health worker will arrange an early pregnancy blood test, book a scan appointment to confirm when baby is due, talk to you about a 12 – 14 week scan, do some health checks and review your blood glucose management.
12 – 14 weeks	If you have chosen to, you can attend your 12 – 14 week scan and blood test.
	Book your 18 – 20 week scan.
	Attend your regular medical appointments to check that you and baby are healthy.
	Review your blood glucose management with your health worker.

Your pregnancy checklist

Pregnancy	
18 – 20 weeks	Attend your 18 – 20 week scan.
	Attend your regular medical appointments to check that you and baby are healthy.
	Review your blood glucose management with your health worker.
24 – 40 weeks	Attend your regular medical appointments to check that you and baby are healthy.
	Review your blood glucose management with your health worker.
	Talk about a breastfeeding plan with your health worker or midwife.
	Talk about a plan for the birth of your baby with your health worker or midwife.
Breastfeeding and going home	
After your baby is born	Get support from your family and midwife for breastfeeding.
	Review your blood glucose management with your health worker.
	Arrange your follow up appointments with your health worker and specialists.

Helpful contacts

Diabetes WA Helpline

Our friendly diabetes educators are here to talk to you about diabetes and answer any questions you may have.



A diabetes educator is available 8:30 to 4:30 every week day.

Diabetes Telehealth for Country WA

Diabetes Telehealth provides diabetes education via videoconferencing technology to people in regional and rural WA.



Appointments are free and it is like having a face-to-face education session with a diabetes educator.

For more information or to book an appointment call 1300 001 880 or email telehealth@diabeteswa.com.au

NDSS
national diabetes services scheme

[illegible]

My local clinic details:



**Diabetes WA
Aboriginal Health Team**

Level 3, 322 Hay Street, Subiaco WA 6008

Open: 8.30am – 4.30pm weekdays

E: aboriginalhealth@diabeteswa.com.au

P: 1300 001 880 (cost of a local call)