

WHAT TO DO IF YOU DON'T KNOW YOUR DIABETES STATUS

Undiagnosed diabetes can pose risks, especially in early pregnancy.

USE AN ONLINE DIABETES RISK CALCULATOR TO CHECK IF SCREENING IS NEEDED. EARLY DETECTION ALLOWS YOU TO MANAGE DIABETES EFFECTIVELY BEFORE OR DURING PREGNANCY.

THE HEALTH PROMOTION BOARD RECOMMENDS:

- Screening for women aged 40 and above.
- Screening younger women with risk factors like high blood pressure, obesity or family history.

PREGNANCY AND DIABETES

YOUR GUIDE TO STAYING HEALTHY

SCREEN FOR DIABETES, PLAN AHEAD AND MANAGE YOUR CONDITION TO PROTECT BOTH YOU AND YOUR BABY.

STEPS TO PREP FOR PREGNANCY

If you have diabetes, start planning 6 months ahead before trying to conceive:

- **Consult your doctor early:** Adjust medications to pregnancy-safe options like insulin or metformin.
- **Ensure diabetes is optimally controlled:** Keep HbA1c level (which reflects your average blood sugar level for about three months) below 6.5–7% to lower risks.
- **Screen for complications:** Check eyes and kidneys as pregnancy may worsen these conditions.
- **Manage other conditions:** High blood pressure or cholesterol? Your doctor may recommend switching to pregnancy-safe medications.
- **Take folic acid:** Begin supplements to reduce the risk of birth defects.

WHILE YOU WORK TOWARDS OPTIMAL DIABETES CONTROL, USE CONTRACEPTION UNTIL YOU ARE READY TO CONCEIVE.

4 TIPS FOR A SMOOTHER PREGNANCY WITH DIABETES

- **Monitor blood sugar:** Check it regularly at relevant time points as advised by your healthcare team.
- **Limit carbohydrates:** Go for high-fibre options. Limit simple carbs to avoid blood sugar spikes.
- **Plan meals:** Small, frequent meals with healthy snacks to curb hunger and overeating.
- **Stay active:** Try light, doctor-approved exercise to regulate weight and blood sugar levels.

PREGNANCY WITH DIABETES CAN BE MANAGED WITH CAREFUL PLANNING, MANAGEMENT AND SUPPORT FROM YOUR HEALTHCARE TEAM.

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