

What About Having Diabetes During Pregnancy?

Pregnant women who have never had diabetes before but who have high blood glucose levels during pregnancy are said to have **Gestational Diabetes**.

Untreated or poorly controlled gestational diabetes can hurt your baby specifically when the baby's body has been formed but is still busy growing.

Identification of gestational diabetes early on increases your chances in having a normal baby and normal delivery. Like in already diabetic mothers, treatment is done with insulin and management of blood glucose levels. Consult with your doctor for a plan that suits you.

Improving Your Blood Glucose Control



■ Keep your weight in control and stay active.



■ Adjust your treatment with your doctor.



■ You may need insulin.



■ Plan to eat sensibly.

Make Healthy Choices

Pregnancy will mean that your energy requirements, how your body processes the food you eat and your insulin will change from your pre-pregnancy patterns.

- **Eat regular balanced meals.**
- **Eat at least 5 portions of fruit and vegetables every day.**
- **Limit sugary foods**
- **Cut down on salty foods**

Did You Know?



- If you already have diabetes, planning a pregnancy increases the chances of a healthy pregnancy and baby.
- Controlling your glucose levels if you are diagnosed with gestational diabetes decreases the risk of complications that you and your baby may face.
- Contact your diabetes care team, midwife or doctor as soon as you suspect you are pregnant for urgent referral to a specialist diabetes antenatal clinic.



For more about the range of diabetes brochures, call the Accu-Chek Customer Careline:

Roche Diabetes Care Middle East FZCO, PO Box 263990 Dubai, UAE
 Locally Distributed by: Pharmatrade LLC Co., UAE, U.A.E Toll Free No: 8000320433, P.O.Box 11397 Dubai – UAE
 C/o National Pharmacy, Muscat-Oman, Phone: +968 24708602, P.O.Box 181 Seeb, P.C 111
 C/o General Medicals W.L.L, Manama – Kingdom of Bahrain, Phone: +973 17727600, P.O.Box 56, Mina Salman International Medical Co., Doha, Qatar, Phone: +974 444 32765, P.O. Box 14279
 Ali Abdulwahab Al Mutawa Commercial Co.K.S.C.C., Kuwait City, Kuwait,
 Phone: +96522069158, Shuwaikh, Ali Abdulwahab Building 152
 Yiacco Medical Co., Kuwait City, Kuwait, Phone: : +96522069158, P. O. Box 435, Safat 13005.

Or visit our website www.accu-chekarabia.com for more information about diabetes.

* According to the American Diabetes Association

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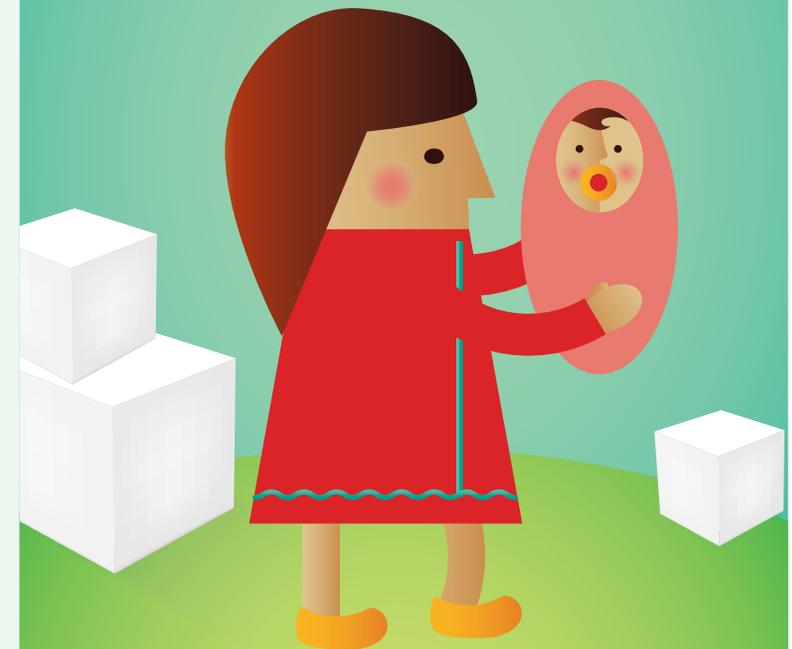
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Pregnancy and Diabetes

Why controlling your diabetes is important to your baby?



Essential advice for people with diabetes from Accu-Chek

Why Planning a Pregnancy Important?

Being pregnant and having diabetes can have an impact on your health and health of your baby.

However, controlling your diabetes before and during pregnancy can improve your chances of a safe and successful outcome for both you and your baby.



Pregnancy is a step that should only be undertaken after proper consideration and consultation. But your diabetes care team is there to give you all the support you need. So plan your pregnancy and involve your team EARLY!

What You Need to Know



Development of a baby's organs occurs during the first three months of pregnancy.

High blood glucose levels during the first trimester, when the baby's organs are forming, increases the risk of birth defects and miscarriage.

Furthermore, high blood glucose is also dangerous for the mothers health and may lead to difficult delivery.



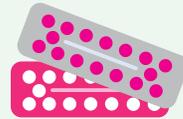
Good diabetes control before and during pregnancy increase the likelihood of you having a normal delivery of healthy baby-and a good experience of pregnancy.

Steps to Plan a Safe Pregnancy



Plan pregnancy - contact your doctor for advice.

Aim for normal blood glucose control at least 3-6 months before you get pregnant. Your HbA1c should be below 7% and glucose levels should fall within 60-119 mg/dl pre-meal and 100-149 mg/dl 1 hour after meals.*



Use effective and reliable contraception until blood glucose is normal.

Consult your doctor about your current medication. Insulin is the only drug for blood glucose control during pregnancy. If you are a type 2 diabetic you may not be able to take your pills.



Stop smoking, if you smoke.

Certain vitamins and specifically folic acid will be recommended before and during pregnancy to decrease the risks of having a baby with defects. Consult your doctor.



Plan to Reduce Risks



You should review your medications with your doctor before planning.



If you have any complications of diabetes such as eye and kidney disease these will need to be checked before pregnancy.

Keep Blood Sugar in Check

Before falling pregnant, your diabetes care team will encourage you to try and achieve near-normal blood glucose levels.

They will offer you:

- A structured education program.
- A monthly HbA1c tests.
- A meter for self-monitoring of your blood glucose.
- Blood ketone testing strips and a meter, if you have type 1 diabetes, and you will be advised to test if you become hyperglycaemic or unwell.
- If you are on insulin, know the signs and symptoms of hypoglycemia and hyperglycemia.



You should agree on your blood glucose targets with your health care professional.

What is your HbA1c?

The HbA1c blood test tells you whether your blood glucose levels have been normal over the last 3 months.

A reduction in your HbA1c level is likely to reduce risks for you and your baby.

