**Musgrove Park Hospital, Taunton & Yeovil District Hospital**

**POST PARTUM CARE IN TYPE 1 DIABETES**

This is a brief summary of NICE guideline NG3 with local input.

1. **Insulin doses**
   * All women will have been given written advice of what insulin doses to take post partum.
   * Women will reduce their insulin immediately after birth, usually to pre-pregnancy doses
   * If breastfeeding, they will need to reduce the dose further, often an additional 50% reduction
   * Women are encouraged to keep in touch with the diabetes hospital team for support
2. **Diabetes control**
   * Women are at increased risk of hypoglycaemia in the postnatal period, especially if breastfeeding
   * They should continue to monitor their blood glucose levels carefully because of this and to help them in establishing the appropriate dose of insulin
   * NHS England and Somerset CCG fund Libre or CGMS for 12 months in pregnant women with Type 1 diabetes. This should cover part of the post natal period. If the woman fulfils non-pregnant criteria for Libre, this can be continued after this.
   * The woman will also need to continue to perform fingerprick blood glucose tests. Please leave these on her prescription.
3. **Breast feeding**
   * Women should be supported to facilitate successful breastfeeding.
   * They are at increased risk of hypoglycaemia and should always ensure they have hypo treatment and a snack within easy reach during feeds
   * Women who are breastfeeding should continue to avoid any medicines for the treatment of diabetes complications that were discontinued for safety reasons in the preconception period/during pregnancy.
4. **Contraception**
   * Midwives usually discuss contraception with women post-natally
   * Remind women of the importance of contraception and encourage them to use this
   * If the woman is planning future pregnancies, encourage her to seek support from the preconception team at least 6-12 months before she is planning to start trying again.
5. **Follow up**
   * Women should have a follow up appointment booked with their usual diabetes care physician about 3 months post partum
   * The diabetes nursing team will continue to provide email support to the woman