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

**POST PARTUM CARE IN TYPE 2 DIABETES**

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

1. **Diabetes medication**
   * All women will have been given written advice about what medication to take post partum.
   * If diet controlled prior to pregnancy women will stop diabetes medications immediately after birth
   * If tablet treated prior to pregnancy women will be advised about what medications to restart/continue. This will depend on whether they are breastfeeding or not.
   * Women with insulin treated diabetes prior to pregnancy will reduce their insulin immediately after birth, usually to pre-pregnancy doses
   * If Breastfeeding, only insulin and metformin are safe medications to take:
     1. Women taking insulin will need to reduce the post partum dose further, often an additional 50% reduction
     2. Women can resume metformin but should avoid other oral blood glucose lowering agents while breastfeeding
2. **Diabetes control**
   * Women taking insulin 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
3. **Breast feeding**
   * Women should be supported to facilitate successful breastfeeding.
   * If taking insulin, 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 GP / nurse** about 3 months post partum
   * The diabetes nursing team will continue to provide email support to the woman in the interim