

## Fertility planning for women with pre-existing diabetes, Somerset

### Headlines:

1. **HbA1c** target 48mmol/mol
  - a. Not always achievable, any reduction towards this lowers congenital malformation risk
  - b. If more than 86mmol/mol risk of miscarriage, developmental abnormalities & stillbirth much higher – advise women to avoid pregnancy until HbA1c lower.
2. **Folic Acid 5mg** od for AT LEAST 3 months before conception & until end of 12<sup>th</sup> week of pregnancy
3. **Diabetes medication** review
  - a. Metformin and Insulin only safe medications for pregnancy.
  - b. Review diabetes drugs & stop other meds changing to above if needed, ideally at least 3 months before conception
4. **Hypertension medication** review
  - a. Labetalol, Nifedipine SR and Methyldopa only medications advised for pregnancy.
  - b. Review hypertension medication & change, ideally at least 3 months before conception.
  - c. If renal impairment and on ACE I for this take specialist advice before changing.
5. Ensure not taking **Statin** for at least 3 months before conception

### What to do:

- Ask women with diabetes of childbearing age if they are considering pregnancy
- Give Diabetes UK conception & pregnancy information prescription (google “Diabetes UK information prescription pregnancy”)
- Encourage woman to use <http://somerset.mydiabetes.com/> website

### How to refer:

- GP/Practice Nurse/IC DSN - **Refer ALL women with diabetes considering pregnancy** to pre-conception diabetes clinic:  
**MPH:** Choose and book service under Diabetes (Isy Douek)  
**YDH:** Choose and book service under Diabetes
- **If a women with diabetes is pregnant** – same day referral to Medical antenatal clinic:  
**MPH:** 01823 343671 (Monday to Friday 10am to 4pm) or email [diabetes.centre@tst.nhs.uk](mailto:diabetes.centre@tst.nhs.uk). They will be seen in the next clinic (Every Friday)  
**YDH:** 01935 384827 or 384468 (Mon – Friday 9AM to 3PM) or email [Maxine.Skilton@ydh.nhs.uk](mailto:Maxine.Skilton@ydh.nhs.uk) OR [Theresa.Harbour@ydh.nhs.uk](mailto:Theresa.Harbour@ydh.nhs.uk) . They will be seen in the next clinic (every Thursday)