

Check-list for pregnancy with diabetes

Planning for a baby? Don't let diabetes get in the way. If you have type 1 or type 2 diabetes, here's what to do to have a healthy pregnancy. Mothers-to-be with [gestational diabetes](#) can also use this list to take care of yourself and deliver a healthy baby.

Plan ahead

- Keep your diabetes under control three to six months before you get pregnant.
- Maintain a healthy weight.
- Once you are pregnant, see your doctor as soon as you can.

Keep all clinic appointments

- Ask your doctor for advice on necessary check-ups and lab tests.
- Bring your [blood glucose diary](#) when you see your doctor.
- Your doctor may adjust your diabetes medication. Take note of what to take, how much to take and how often you should take your medication.
- Let your doctor know if you are taking other medicines (include traditional Chinese medicines and herbs) and discuss whether to continue taking them.
- Meet your diabetes health team regularly.

Control blood glucose

- Together with your doctor, set goals for your daily blood glucose levels and [HbA1C](#) reading.
- Watch out for symptoms of [high blood glucose, low blood glucose or ketones](#) and know how to manage them.

Manage your blood glucose

- See a dietician or nurse educator about what, when and how much to eat.
- Ask your doctor for advice on what physical activities are safe for you.
- Learn to relax.
- Sleep 7 to 8 hours every night.

Maintain a healthy lifestyle

- Arrange to see a dietician or nurse educator if you need advice on your pregnancy diet.
- Ask your doctor for advice on safe physical activities.
- Have enough rest. Sleep seven to eight hours every night.
- Learn to relax and reduce stress.

If you are sick or need to travel

- If you are sick (flu, cold), you may need to adjust your diet, insulin, blood glucose testing and ketone testing. Discuss these with your doctor beforehand so that you know what to do when you are not feeling well.
- Learn how to prepare for long overseas trips.

Plan to breastfeed your baby

- Discuss your plan to breastfeed with your diabetes health team.
- Check with your doctor which medicines are safe to take when breastfeeding.



Your doctor will help you set daily blood glucose goals. Write them in this table to remember them.

Time	Plasma blood glucose values for adults with diabetes (mmol/L)	My blood glucose targets
Before a meal (fasting) ¹	Less than 5.5	
1 hour after a meal ¹	Less than 7.8	
2 hours after a meal ¹	Less than 6.7	
HbA1C ²	Less than 6.5%	

Source: ¹ MOH Clinical Practice Guidelines 1/2014 for Diabetes Mellitus, Ministry of Health Singapore.

² American Diabetes Association (2016). *Management of Diabetes in Pregnancy*. Diabetes Care. 2016; 39(1):S94-8.



Keep a copy of this table in your wallet or snap a photo of it with your handphone to remind you of your goals. If your blood glucose levels are too high or too low, or you have ketones and are not sure what to do, see your doctor for advice.