



“Just as there are 9 months in a pregnancy,
there are 9 simple steps to prepare for that pregnancy”...

Pre-Pregnancy Checklist ✓

	✓ Tick when achieved/ space for comment
1. See you GP or your local Diabetes Care Team for advice and support	
2. Blood Glucose Control:- Before becoming pregnant, the targets you should aim for are: <ul style="list-style-type: none"> ➤ Before meals: 3.5-5.9mmol/L ➤ After meals: below 7.8mmol/L *Ideal HbA1c:: <6.1% or 43mmol/mol*	
3. Check your medication	(If applicable)
4. Start insulin injections (if type 2)	(If applicable)
5. Check your insulin	
6. Take 5mg folic acid daily	
7. Check eyes and kidney	
8. Look at your lifestyle	
9. Have you been vaccinated against rubella?	