

# Pregnancy planning checklist

**Plan and prepare at least 3-6 months before you start trying for a baby**

## What you need to do **BEFORE** you become pregnant

Use contraception until you are ready to start trying for a baby (*ask your doctor if this is the most reliable contraception suitable for you*).

Talk to your doctor for general pregnancy planning advice.

Make an appointment with health professionals who specialise in pregnancy and diabetes.

Aim for an HbA1c of 6.5% (48mmol/mol) or less (or as close to this target as possible, depending on hypoglycaemia risk). Discuss your individual targets with your health professionals.

Review your diabetes management with your diabetes health care team.

Have all your medications checked to see if they are safe to take during pregnancy.

Start taking a high-dose (2.5mg-5mg) folic acid supplement each day.

Have a full diabetes complications screening and your blood pressure checked.

Aim for a healthy weight before you become pregnant.

**For women  
with type 1  
or type 2  
diabetes**

### **Use this checklist as a guide to discuss with your health care team**

This information is intended as a guide only. It should not replace individual medical advice. If you have any concerns about your health, or further questions, you should contact your health professional.

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