

Preconception Counselling for Women with Type 2 Diabetes

- *Birth Control
- Risk of congenital Malformation
- Risks to mother
- Importance of blood glucose control for 3 months preconception
- Prenatal vitamin, with 5 mg Folic acid and 4000 IU vitamin D
- Healthy Eating
- Exercise
- Weight Control
- Smoking Cessation
- Avoidance of alcohol
- Retinal Eye exam
- Blood tests for kidney function and thyroid
- Switch to insulin
- Stop ACE, ARB, statins
- Normal physiological changes of pregnancy
- What pregnancy entails: testing, insulin, appointments, endocrinologist, obstetrician
- Recommended referral to Endocrinologist

