Information about you - The Data Protection Act 1998
Confidential records are kept about your health and the care you receive from the NHS. These records are important, helping to make sure you receive the best possible care from us. The information may also be used to plan NHS services and assist in the teaching and training of health professionals. To make sure that patient confidentiality is maintained a policy has been written informing all staff of their responsibilities.

How to comment on your treatment
We aim to provide the best possible service and staff will be happy to answer any questions that you have. However, if you have any concerns you can also contact the Patient Advice & Liaison Service (PALS) on 0800 917 6039 who will be happy to talk to you. Alternatively, you can obtain a leaflet on ‘How to make a Comment, Complaint, or Raise a Concern about our services’ from the ward, department or the Health Information & Resource Centre.
Introduction
Pre existing diabetes (diabetes diagnosed before pregnancy) occurs in 1 in 250 pregnancies in England Wales and Northern Ireland and is increasing.

The NSF and Diabetes UK recommend that all women with diabetes should have access to information and support prior to pregnancy in order to gain optimal control of blood glucose levels and discuss their pregnancy care.

What are the concerns for pregnant women with diabetes?
Women with Type 1 and Type 2 diabetes traditionally have higher risk of problems when pregnant, such as:-

- 5 times more likely to have a stillbirth
- 3 times more likely to have a neonatal death in the first month of life
- 2 times more likely to have a congenital abnormality
- 5 times more likely to deliver pre term
- 2 times more likely to have a macrosomic (large) baby (CEMACH report 2005)

However, studies have shown that attending for pre-pregnancy assessment and planning your diabetes care can greatly reduce the risks for you and your baby. The majority of women with diabetes can have successful pregnancies with careful attention to their health during pregnancy.

If you have diabetes and are of childbearing age, please refer yourself for pre-pregnancy counselling.

About the Pre-pregnancy Counselling Clinic
A pre-pregnancy counselling clinic run by a Specialist Midwife for Diabetes takes place in the Diabetes Centre at Queen Alexandra Hospital.

Please telephone (023) 9228 6260 to make an appointment.

What happens when I attend the appointment?
At this appointment you will have the chance to discuss:-

1. Contraception (until good blood glucose control).
2. Blood glucose monitoring to achieve optimal glucose levels prior and during pregnancy (the targets for glucose levels are different during pregnancy).
3. Dietary review.
4. High dose folic acid 5mg per day is recommended whilst planning a pregnancy and up to 14-week gestation. This can reduce the risk of complications for your baby. This is higher than the dose you buy over the counter and therefore has to be prescribed.
5. Avoidance of hypos (low blood glucose levels) and management of current insulin regimen.
6. Eye (retinal) and kidney screening.
7. Religious and cultural beliefs.
8. Review of current treatment (other than insulin).
9. Rubella immunity check.
10. Advice about smoking cessation and alcohol.
11. How to reduce any risks during your pregnancy.

Once you become pregnant you should be referred as early as possible to our weekly joint Diabetes Pregnancy Clinic at the Antenatal clinic, Out patients, B Level, QAH, ext 4553.