

Family Planning for Women Living with Diabetes

Starting a family can be a very happy time. It can also be a hard time. The best type of pregnancy is a planned one. This checklist is to help you plan a healthy pregnancy with diabetes.

Here is a list of important things to do before you get pregnant.

- Reach an **A1c of 6.5%** or less
- Tell your doctor that you are planning to become pregnant
- Start taking prenatal vitamins with at least 800 mcg (0.8mg) of folic acid
- Exercise for 30 minutes a day
- Stop smoking, drinking alcohol and using drugs. Talk to your doctor if you need help stopping.
- Do not travel to areas with Zika virus and COVID-19
- Ask to meet with a dietitian
- Ask to meet with experts to help manage your blood sugar
- Ask to meet with a social worker
- See your dentist
- See your eye doctor



Not ready to start a family?
Talk to your doctor or contact the Women's Health Center (WHC) about birth control that will work best for you.