

# Preconception Counseling for Women With Diabetes

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<https://doi.org/10.2337/cd18-0109>

Published 1 July 2019

## Supplementary Data

- Supplementary Figure S1
- Supplementary Figure S2
- Supplementary Figure S3

Figure S1. Women's Perception of Receiving Preconception Counseling

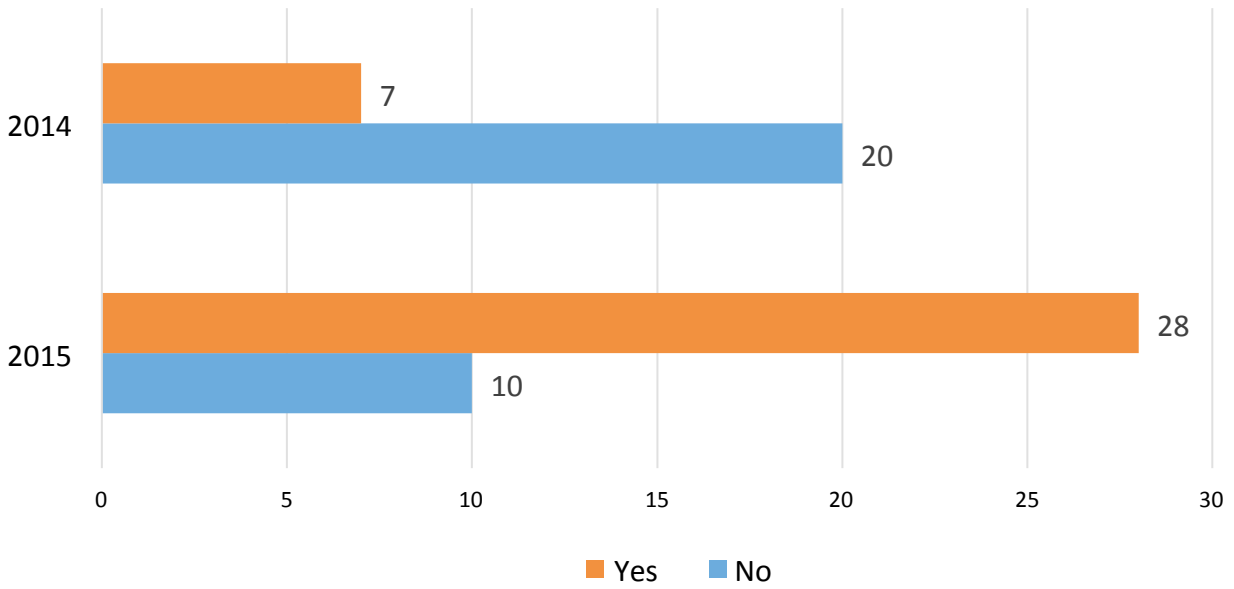


Figure S2: Preconception Counseling Brochure

# Preconception Counseling for Women with Diabetes



What to know ***before***  
getting pregnant.



## PRECONCEPTION COUNSELING FOR WOMEN WITH DIABETES

Preconception counseling is an integral part of diabetes care for women of childbearing age. Even if you are not ready to plan a family, it is important to understand the need for good glycemic control prior to becoming pregnant.



Diabetes increases the risk for a baby to develop birth defects. High blood glucose levels, especially in the first trimester, double the risk of birth defects and miscarriage. Damage to the baby's organs can occur before you even realize you are pregnant.



Not only are there risks for the baby, but for you as well. Poor glycemic control can contribute to eye and kidney problems, infections of the urinary bladder and vaginal area, and preeclampsia (high blood pressure usually with protein in the urine).

Some of the medications used to control diabetes, blood pressure and cholesterol should not be used during pregnancy. Your health care provider can identify those medications and make the needed changes before you attempt to get pregnant.

Contraception (birth control) is recommended until blood glucose goals have been met and transition to a safer medication regimen is complete.



Working with your healthcare team, you can increase the chance of a healthy pregnancy—healthy mom and healthy baby!

Don't forget to follow-up after the pregnancy!

## **Preconception Plan and Checklist**

### **Target blood glucose goals before getting pregnant**

- Premeal (before eating): 60-119 mg/dl
- 1 hour after meals: 100-149 mg/dl

### **Target A1C goal 3-6 months before getting pregnant**

- 6.1-6.5% or lower
- No hypoglycemia

### **Medications to discuss with HCP:**

- Diabetes medications
  - Possible insulin therapy
  - Review of oral medications
- Blood pressure medications (not safe during pregnancy)
  - ACE inhibitors, e.g., lisinopril
  - ARBs, e.g., candesartan
- Cholesterol medications (not safe during pregnancy)
  - Statins, e.g., simvastatin, pravastatin,
- Folate supplements (should begin 3 months before getting pregnant)

### **Recommended consults/Lab tests**

- Registered Dietitian
  - Healthy Eating
  - Weight reduction for overweight or obese women
- Ophthalmology screening before becoming pregnant, repeat during 1<sup>st</sup> trimester
- Blood pressure monitoring
- Metabolic lab panel (kidney and thyroid function)

### **Discuss birth control method until goals met**

# PRECONCEPTION COUNSELING FOR WOMEN WITH DIABETES

## My Pregnancy Plan

- ✓ Schedule appointment with Primary Care Provider 6 months before desired pregnancy or immediately upon learning of pregnancy
  - Appt date/time: \_\_\_\_\_
  - Lab work date/time: \_\_\_\_\_
- ✓ Meet with Dietitian
  - Appt date/time: \_\_\_\_\_
- ✓ Ophthalmology appointment
  - Appt date/time: \_\_\_\_\_
- ✓ My A1C goal: \_\_\_\_\_ <6.5 <6.0
- ✓ Schedule for checking blood glucose:
  - How often: \_\_\_\_\_
  - Time of day: \_\_\_\_\_
- ✓ My blood glucose goals:
  - Pre-meal: \_\_\_\_\_
  - Post-meal: \_\_\_\_\_
  - Bedtime: \_\_\_\_\_
  - Other: \_\_\_\_\_
- ✓ Medication list:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_



Figure S3. NoteWriter Prompt for PCC Discussion

The screenshot shows an Excel spreadsheet with a medical assessment form. The form is organized into columns L through Q. A red circle highlights a checkbox in column P, row 10, labeled "Discussed Preconception Counseling?".

Column	Content
L	Advanced Directive
M	Assessment
N	Type 2 Diabetes
O	Hypertension
P	Discussed Preconception Counseling? (highlighted)
Q	SBP, DM E, Lifes, Vacc, Opht, Alb/c, Foot, Toba, SBP, DBP

Form details:

- Advanced Directive:** Yes
- Assessment:**
  - Type 2 Diabetes:**
    - HGB A1c Discordance: A1c not accurate
    - IMP: ordant w/ A1c. Will check Fe
    - REC: /day - 1-2 weeks before f/u.
  - Hypertension:**
    - Controlled
    - IMP: Discuss Low Na+ Diet
- Discussed Preconception Counseling?:**  (highlighted)