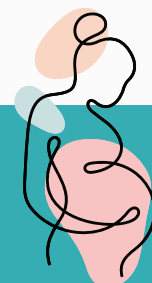


# PREGNANCY & DIABETES



## Are you pregnant and have diabetes?

If you're not yet under the care of a diabetes antenatal clinic, please get in touch as soon as you know you're pregnant:

Contact your local **Diabetes Antenatal Clinic** to book an appointment and find out more.

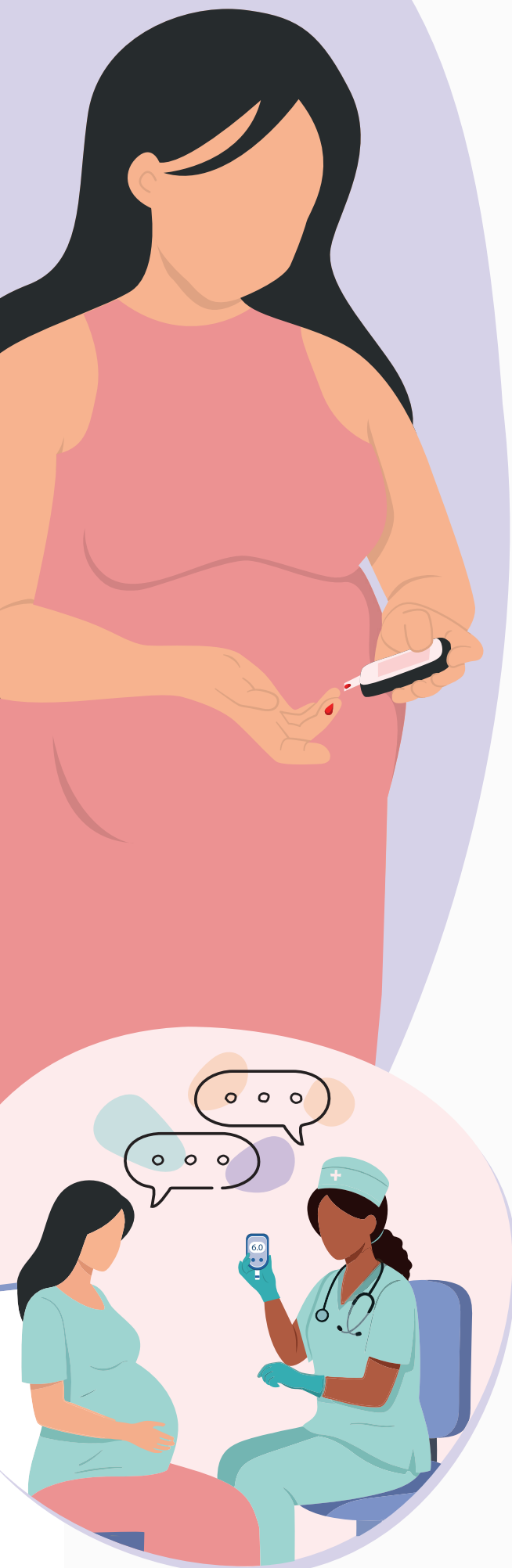
### **Derby/Burton:**

[uhdb.diabetesmidwives@nhs.net](mailto:uhdb.diabetesmidwives@nhs.net)

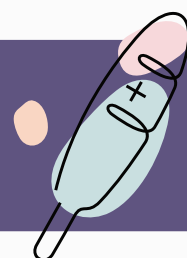
### **Chesterfield:**

[crhft.diabetesoutpatientnurses@nhs.net](mailto:crhft.diabetesoutpatientnurses@nhs.net)

*You do not need a referral from your GP or community midwife, but please inform them that you've made contact.*



## Planning a pregnancy and have diabetes?



### **Speak to your healthcare professional about:**

- A referral to the Pre-conception Clinic
- Starting 5mg folic acid
- Reviewing your medications - some may need to be stopped if you're not using contraception

*If you're not planning a pregnancy, ask about the most suitable contraception for you.*