

# Diabetes in Pregnancy Service



The Diabetes/Obstetric multi-disciplinary team provide quality, evidenced based care for women with pre-existing diabetes and gestational diabetes throughout the maternity episode

The team consists of:  
Consultant Diabetologist,  
Lead Obstetrician, Diabetes  
Specialist Midwife, Diabetes  
Specialist Nurse and Diabetes  
Dietitian

A Joint Consultant  
Diabetic/Antenatal clinic is  
held weekly in the Women and  
Children's outpatient  
department and a Diabetes  
Midwife/ Nurse led clinic is  
held every Thursday



Women with Diabetes have high risk pregnancies. Encouraging women to plan pregnancy, optimise their glycaemic control and take Folic Acid 5mg prior to pregnancy can help improve outcomes

Blood glucose targets:

Pre-meal 4.0 – 5.3 mmol/L

Post meal 1 hour <7.8 mmol/L

HbA1c < 48 mmol/mol (6.5%)

(NICE 2015)



Risks in pregnancy:

- Miscarriage
- Fetal abnormality
- Stillbirth
- Big baby (macrosomia)
- Birth trauma
- LSCS
- Neonatal death
- Pre-eclampsia
- Retinopathy

We offer regular contact every 1 - 2 weeks between the women and the team and provide continuity of care taking into consideration individual needs and preferences

The Specialist midwife for diabetes co-ordinates and provides midwifery care from the pre-conception period to the postnatal period

