



Are you thinking of having a baby?

Have you wondered if having diabetes may make a difference to your pregnancy?

.....then let's be **S.A.F.E.R.**

STOP

Think ahead.....

A1c

Is your HbA1c (blood glucose) on target or too high?

Folic acid

How much folic acid should you take?

Enjoy

Enjoy planning your pregnancy....and giving your baby a healthy start.

Referral

Early referral to specialist care.



- Ask for a leaflet by emailing EAHSN.diabetes@nhs.net
- Talk to your GP or diabetes nurse
- Visit www.eahsn.org or www.womenwithdiabetes.net
- Download the free app **Pregnant with Diabetes**