

Top Tips in Two Minutes: Diabetes Mellitus in Women of Reproductive Years

Why?	<p>Women with diabetes have higher risk pregnancies compared to the general maternity population. Risks include miscarriage, preeclampsia, premature delivery, caesarean delivery and progression of complications. Infants have</p> <ul style="list-style-type: none"> • Twice the risk of major congenital malformation • Three times increased risk of dying within the first 4 weeks of life • Five times increased risk of stillbirth • Five times increased risk of being delivered prematurely (prior to 37 weeks) • Five times increased risk of being macrosomic or large for gestational age <p>These problems are potentially preventable by attending pre-pregnancy care</p>
How?	<p>All women with type 1 or type 2 diabetes must be advised to plan their pregnancies carefully and in conjunction with their health care teams.</p> <p>Written information regarding the risks of pregnancy and how to prevent them must be provided to all women aged 16-45 years.</p> <p>Contraception compliance should be documented at every visit.</p> <p>Potentially teratogenic medications e.g. ACE, statins, glitazones and some oral hypoglycaemic agents should be used with caution in women aged 16-45 years</p>
What Next and When?	<p>Women planning a pregnancy within the next 12 months should be referred for pre-pregnancy care. This involves</p> <ul style="list-style-type: none"> • Support to optimise glycaemic control before conception. NICE advise a HbA1c <6.1% if safely achievable • High dose i.e. 5mg folic acid supplementation
Where else?	Your GP, diabetes nurse or diabetes specialist midwife
References:	<p>1. CEMACH: Important Information for General Practitioners and the Primary Care Team http://www.cemach.org.uk/</p> <p>2. NICE: guideline 63: Diabetes in Pregnancy: Management of diabetes and its complications from the pre-conception to the postnatal period. (PDF) http://www.nice.org.uk/nicemedia/pdf/CG063Guidance.pdf</p>
Web links:	<p>The following link will take you to patient information leaflets:</p> <p>http://www.diabetes.org.uk/Documents/Shared%20practice/EASIP0D%20%20leaflet%20GENERICfinal%20200708.pdf</p>
Referenced:	Dr Helen Murphy, Honorary Consultant Physician, Addenbrooke's Hospital, Cambridge

