

Thinking of having a baby?

If you have diabetes...

help reduce the risks to you and your baby by planning your pregnancy.

Think **FIRST**

Folic acid 5mg daily

Individual review of medication

Referral to the preconception clinic

Stop smoking

Target HbA1c less than 48 mmol/mol

Speak to your healthcare professional

for more information and continue contraception until you have had a diabetes review.

For additional information:

www.nhs.uk/conditions/contraception

www.diabetes.org.uk

www.bit.ly/3CvgDh3

