



Are you thinking
about having a baby?

...If you have Diabetes

(Type 1, Type 2 or previous gestational diabetes)

**then it is important to plan your pregnancy
to help reduce risks to you and baby.**

**ATTEND YOUR LOCAL
DIABETES PRE-PREGNANCY CLINIC**

HbA_{1c} – is it the correct target for pregnancy?

Take **5mg folic acid** (only available on prescription)

Medication review for planning a pregnancy

Diet and physical activity

Smoking and alcohol advice

Southern Health and Social Care Trust

Tel : 028 3756 3336 or E-mail

diabetes.prepregnancycare@southerntrust.hscni.net

Belfast Health and Social Care Trust

Tel : 028 9615 2113 or E-mail

Pre-preg-diabetes@belfasttrust.hscni.net

GP referrals welcome via CCG

South Eastern Health and Social Care Trust

Tel : 028 9056 1426 - The Diabetes Hub Ulster Hospital

Western Health and Social Care Trust

Tel : 028 7161 1354 or E-mail

DiP@westerntrust.hscni.net

Northern Health and Social Care Trust

Tel : 0782 7319 722 or E-mail

Pregnancydiabetes@northerntrust.hscni.net

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