**Pre-Conception template**

Latest HbA1c insert value

*Aim for <48mmol/mol before conception*

Uses contraception 🞏

Advice about LARC 🞏

Not currently trying to conceive 🞏

Planning a pregnancy in the next 12 months? 🞏

If yes:

Folic Acid 5mg prescribed 🞏

Medication Review 🞏

*Strongly consider stopping ACEI/A2 blocker and/or statin.*

BMI insert value

Diet and exercise advice 🞏

Smoking cessation advice 🞏

Rubella immune 🞏

Urine microalbumin status insert value

*Check that this has been done within the last 12 months.*

Date of latest retinal screening insert value

*Check that this has been done within the last 12 months.*

Pre-conception advice given 🞏

*Refer to specialist diabetes team if:-*

* *Glycaemic control above target (>48mmol/mol)*
* *BMI >27kg/m2*
* *Positive microalbuminuria/confirmed diabetic nephropathy*
* *Complex past medical or obstetric history*

*As soon as pregnancy is confirmed:-*

* *Stop statins, angiotensin converting enzyme inhibitors and angiotensin II receptor antagonists Alternative antihypertensive agents suitable for pregnancy should be substituted.*
* *Refer to specialist diabetes team*
* *Refer to pregnant diabetes retinal screening service.*
* *Refer to ophthalmology if active retinopathy*
* *Refer to nephrology if >120 µmol/l, eGFR <45 ml/min, urine microalbumin >30mg/mmol*