

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 $>120 \mu\text{mol/l}$, eGFR $<45 \text{ ml/min}$, urine microalbumin $>30\text{mg/mmol}$*