

# Pre-pregnancy planning for diabetes

**Did you know if you have Type 1 or Type 2 diabetes it's recommended to see a dietitian as part of pre-pregnancy planning?**

## Why see a dietitian?

A dietitian can work with you to help improve your blood glucose control and weight before becoming pregnant. They will also help you make sure your diet is well balanced for pregnancy.



In Ireland only 1 in 5 women with Type 1 diabetes and 1 in 3 women with Type 2 diabetes have seen a dietitian as part of pre-pregnancy planning\*

If you attend a hospital for your diabetes care, talk to your diabetes team about accessing a dietitian.

If you attend your GP for your diabetes care, talk to them about accessing a community dietitian.

\* Audit data National Maternity Hospital, Dublin 2016