

Having Type 1 diabetes does not prevent pregnancy, women can become pregnant and men can father children.

There can be risks for pregnancy when you have Type 1 diabetes but with the right care and advice you can minimise these for yourself and your baby.



Planning, precautions and medical checks are very important for pregnancy.



There are specialised clinics for women with diabetes who are planning a pregnancy or are pregnant.



If you are planning a pregnancy or have discovered you are pregnant, speak to your diabetes team. They will refer you to the right service.

Having glucose levels in range is very important when you are pregnant.



All pregnant women with type 1 diabetes can have the use of a Continuous Glucose Monitor, paid for by the NHS, to help them manage their glucose levels during pregnancy, speak to your team about this.



If you are planning a pregnancy or have discovered that you are already pregnant, you should start taking Folic Acid and Vitamin D daily. People with diabetes will need a higher dose of Folic Acid, so speak to your GP about a prescription.



16-18's page



19-25's page

More resources can be found in the DigiBete app or on the DigiBete website www.digibete.org