



Type 2 Diabetes: Planning For Pregnancy

If you have Type 2 diabetes and want to get pregnant, it is very important to manage your blood sugar well. Good blood sugar management before pregnancy helps keep both you and your baby healthy.

Why blood sugar control matters

Blood sugar targets are lower during pregnancy. This helps your baby grow well and lowers the risk of problems during pregnancy and birth.

Before getting pregnant, your A1C should be **7.0% or lower**. Talk with your health care provider about your personal blood sugar targets.

During pregnancy, the goal A1C is **between 6.0% and 6.5%**.

Checking your blood sugar

Checking your blood sugar at home can help you stay on track.

You may also use a **continuous glucose monitor (CGM)**. In Canada, two common options are:

- Dexcom (www.dexcom.com)
- Libre (www.freestyle.abbott)

Risks of high blood sugar

High blood sugar can cause problems such as:

- Miscarriage
- Birth defects early in pregnancy
- A larger baby
- Trouble breathing after birth
- Baby having low blood sugar after birth
- Higher risk of stillbirth

Use birth control until your blood sugar is well managed and you are ready for pregnancy.

Medications

- **Insulin** is safe during pregnancy.
- Other diabetes medicines need to be reviewed by your health care provider.
- **GLP-1 medications** (like Ozempic or Mounjaro) should be stopped at least **2 months before pregnancy**.
- **Metformin** is safe while trying to get pregnant and during pregnancy.

If you take medication for heart disease or high blood pressure, these should be checked to make sure they are safe in pregnancy.

Blood pressure and heart health

You should be checked for high blood pressure.

If you already take blood pressure medicine, your provider may adjust it. Some medicines are safe in pregnancy.

Vitamins and supplements

Take one of the following for at least **3 months before you get pregnant** and for at least 3 months after you become pregnant:

- A prenatal vitamin with **at least 1000 mcg folic acid**, OR
- A **1000 mcg folic acid supplement**

1000 mcg = 1 mg

This helps prevent birth defects.

Always talk to your health care provider before you start taking any vitamins.

Eye and kidney health

- Get an eye exam before pregnancy.
- Follow up during and after pregnancy.

High blood sugar or blood pressure can harm your eyes.

You may also need blood and urine tests to check your kidneys.

Healthy eating and weight

A dietitian can help you:

- Plan healthy meals
- Support a healthy pregnancy
- Improve your chances of getting pregnant

Ask your provider what a healthy weight is for you before pregnancy.

Physical activity

Being active helps manage blood sugar.

Aim for:

- 150 minutes of activity per week (like walking, swimming, or biking)
- Strength exercises 2 times per week

Food safety

Follow safe food practices when trying to get pregnant and during pregnancy to avoid food-borne illness.

Visit the [HealthLink BC website](#) for more information.

Support in your community

Free help is available. You can:

- Visit the [HealthLink BC website](#)
- Call **811** to speak with:
 - Nurses
 - Dietitians
 - Exercise professionals
 - Pharmacists

This information follows Diabetes Canada guidelines.

For more information: <https://www.diabetes.ca>

What to review with your health care provider

Before pregnancy, talk about:

- When to try to get pregnant
- Your current A1C

- Blood sugar targets
- Tests for kidney, liver, and heart health
- Blood pressure
- Physical exam
- Eye exam
- Vitamins and supplements
- Healthy weight
- Food safety
- Medication safety
- Blood sugar monitoring options

After you become pregnant

Your provider can refer you to a Diabetes Centre in your community for ongoing care and support during your pregnancy.