

Diabetes and Pregnancy: Labour/Postpartum

Jim Pattison Outpatient Care and Surgery Centre ♦ Abbotsford Regional Hospital and Cancer Centre

These are some important reminders.

Please bring this form with you to the labour and delivery room.

During active labour and delivery

- Blood sugars are monitored as per pre-printed orders in the Family Birthing Unit (FBU).

If using insulin:

- Stop home Insulin.
- Continue Insulin as directed in hospital (pre-printed orders in FBU).

Caesarean Section (C-Section)

- Do not have food or fluids (nothing by mouth) after midnight (C-Section is in the morning).
- Test fasting (wake up) blood sugar the day of C-Section.

If using Insulin:

- Take regularly scheduled dose of insulin the day/evening before C-Section.
- Do not take any scheduled insulin the morning of C-Section.

After delivery

- Stop testing your blood sugars at home (unless directed otherwise by your doctor).

If using insulin:

- Stop taking insulin.

Once home, please follow up with:

- Your family doctor 1 week after having glucose tolerance test (GTT) done.
- Diabetes centre if GTT six weeks postpartum is abnormal.
- Diabetes centre 1 to 2 weeks postpartum – as directed by the doctor.

Future pregnancies??

3 months before conception:

- Fasting blood sugar should be tested.

Once pregnancy is confirmed:

- Before 13 weeks, your doctor will request a 75 gram 2 hour glucose tolerance test. If positive, your doctor will refer you to our Diabetes and Pregnancy Program.
- If the 13 week test is normal, a 75 gram 2 hour glucose tolerance test will be ordered at 24 to 28 weeks. If this is positive, your doctor will refer you to our Diabetes and Pregnancy Program.

In the future...

It is recommended that you see your family doctor to arrange a Fasting Blood Sugar every year.

** Women with pre-existing Type 1 and Type 2 diabetes will receive instructions individually from their endocrinologist

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