Family Planning and Diabetes

Pregnancy can be risky for women who have diabetes. There are risks for both the mother and the baby.

It is important to speak with your doctor if you want to become pregnant.

You should also speak with your doctor if you do not want to become pregnant, but are sexually active or are having sex.

If you are not trying to become pregnant...

- It is important to use a good method of birth control. Talk with your doctor about different options. Some choices are:
  - Pills
  - Shots
  - Patches
  - Vaginal Rings
  - IUD’s
  - Condoms

If you are trying or thinking about trying to become pregnant...

- Talk with your doctor BEFORE you start trying.
- You must control your blood sugars first. Your A1c should be less than 6.
- You may need additional tests or exams before trying to become pregnant.
- Talk with your doctor about the medications you are taking. See if any of these are unsafe for a growing baby.
- Start taking a prenatal vitamin that contains at least 800 micrograms of folic acid.
- For more counseling, call (919) 966-2131 for an appointment in the UNC Women’s OB/GYN Clinic for pre-conception counseling.

If you think you may be pregnant...

- The earlier you know whether or not you are pregnant the better.
- Do not delay, call (919) 966-1459 to make an appointment with your doctor or in Same Day Care.
- There are risks to you and the baby when your blood sugar is high. You should talk with your doctor about how to get it under control.
- You may be taking medications that are dangerous for the baby, and it will be important to talk to a doctor to find out which ones you may need to stop.
Common Options for Birth Control

**Pills:** There are many different types of pills that use hormones or a combination of hormones. To prevent pregnancy, these pills must be taken everyday. When you finish one pack, a new pack is started.

**Shots:** An injection or "shot" of depot medroxyprogesterone acetate prevents pregnancy for 3 months. You need to get a shot every 3 months.

**Patches:** The patch works like other types of birth control, but there is no pill to take. You place a patch on your skin and it is worn for one week. No patch is worn on week 4 of every month. When the month is over, you repeat the cycle.

**Vaginal Rings:** The vaginal ring is a flexible, plastic ring that is placed in the upper vagina. You place it yourself. The ring is worn for 21 days, removed for 7 days, and then you put in a new ring.

**Intrauterine device (IUD):** The IUD is a small plastic device that a doctor places inside your uterus to prevent pregnancy. Depending on the type of IUD placed, it must be replaced every 5 to 10 years.

**Condoms:** Condoms act as a barrier to prevent sperm from entering the vagina. They must be used EVERY time you have sex, and they must be put on correctly. They also may prevent sexually transmitted diseases, like HIV.

General Information

Phone: 919-966-1459
Toll Free: 1-800-862-4938
Fax: 919-843-9355

Office Hours

Monday-Friday 8:00 am – 5:00 pm

Same Day Care Hours

Monday-Friday 8:30 am – 4:30 pm

Family Planning and Diabetes

Are you a woman diagnosed with diabetes?

Are you 55 years old or younger?

If so, there is important information you should know.

Our clinic has received **NCQA Diabetes Recognition** in the provision of quality care:

The UNC Internal Medicine Clinic has been awarded Recognition by the National Committee for Quality Assurance DPRP. NCQA, in partnership with the American Diabetes Association, developed the DPRP, to recognize physicians who have met standards demonstrating delivery of high-quality care to patients with diabetes. We are continually working to improve the care we provide to our patients with diabetes – and it shows!

Internal Medicine Clinic

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http://www.med.unc.edu/im/patients