

Set yourself  
up with a great  
medical team!

Come prepared  
with questions!

Common tests  
to complete  
preconception

Preconception  
Supplements

# Checklist

## Family planning with pre-existing diabetes

- Endocrinologist:
- Obstetrician (OB):
- Diabetes & Pregnancy Team
  - Registered Dietician (RD):
  - Certified Diabetes Educator (CDE):
  - Perinatologist:
- My hospital has a clinic focused on diabetes and pregnancy

Some suggested topic areas are provided. Add your own or refer to the article for specific questions to ask!

- A1c / target blood glucose ranges preconception
- Endocrinologist/OB communication
- Nutrition and carbohydrate targets
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- Hemoglobin A1c (blood test)
- Microalbumin (urine test)
- Thyroid - TSH (blood test)
- Thyroid - T4 Free (blood test)
- Eye Exam

- Folic Acid (400 micrograms/day)
- Multivitamin
- DHA