

# Eagle's Landing Diabetes & Endocrinology

## Diabetes Control During Pregnancy: Patient Explanation

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### Why is Diabetes Control Important During Pregnancy?

Good blood sugar control during pregnancy is crucial for the health of both you and your baby. Uncontrolled diabetes increases the risk of complications for both the mother and the fetus. Proper management helps reduce these risks and ensures a healthier pregnancy and delivery.

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### Complications of Poor Diabetes Control

1. **For the Mother:**
    - **Preeclampsia:** High blood pressure and damage to organs, like the liver or kidneys.
    - **Infections:** Higher risk of urinary tract infections and other infections.
    - **Preterm Delivery:** Increased likelihood of early labor.
    - **Diabetic Ketoacidosis (DKA):** A life-threatening condition caused by extremely high blood sugar levels.
  2. **For the Fetus:**
    - **Macrosomia:** A larger-than-average baby, which can lead to delivery complications.
    - **Birth Defects:** High blood sugar early in pregnancy increases the risk of defects in the brain, spine, or heart.
    - **Hypoglycemia (Low Blood Sugar):** Babies may experience low blood sugar shortly after birth.
    - **Stillbirth:** Poorly controlled diabetes increases the risk of fetal death.
    - **Respiratory Distress Syndrome:** Difficulty breathing after birth.
    - **Obesity and Diabetes Later in Life:** Babies born to mothers with uncontrolled diabetes are at higher risk.
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### Blood Glucose Goals During Pregnancy

- **Fasting Blood Glucose Goal: <95 mg/dL**
- **Two Hours After a Meal (Postprandial): <120 mg/dL**

These strict targets help reduce complications and ensure healthy growth and development for the baby.

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## Treatment of Diabetes During Pregnancy

### 1. Medications Used During Pregnancy:

- **Insulin (Preferred):**
  - Safe and effective for controlling blood sugar.
  - Different types of insulin may be used, including basal (long-acting) and bolus (rapid-acting) insulin.
- **Metformin:**
  - May be used for women with gestational diabetes or Type 2 diabetes who are unable to tolerate insulin.
  - Crosses the placenta, so its long-term effects on the baby are not fully known, but it is considered relatively safe.
- **Glipizide:**
  - Occasionally used but less preferred due to risk of neonatal hypoglycemia.

### 2. Medications NOT Recommended During Pregnancy:

- **GLP-1 Receptor Agonists (e.g., Ozempic, Trulicity):**
  - Not approved for use in pregnancy due to insufficient safety data.
- **SGLT2 Inhibitors (e.g., Jardiance, Farxiga):**
  - Contraindicated because they can harm the developing kidneys of the fetus.

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## Benefits of Continuous Glucose Monitors (CGMs) During Pregnancy

### 1. Improved Blood Sugar Control:

- CGMs provide real-time glucose readings, allowing you to adjust treatment quickly.
- Helps identify trends like nighttime hypoglycemia or post-meal spikes.

### 2. Better Outcomes:

- Studies show CGM use reduces the risk of complications, such as large babies or low blood sugar in newborns.

### 3. Convenience:

- Reduces the need for frequent fingerstick testing.

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## Benefits of Insulin Pumps During Pregnancy

### 1. Precise Insulin Delivery:

- Insulin pumps allow for fine-tuned insulin delivery, matching the body's changing needs during pregnancy.

### 2. Flexibility:

- Makes it easier to adjust insulin for meals, snacks, and physical activity.

### 3. **Improved Control:**

- Reduces the risk of both high and low blood sugar levels.
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### **Key Takeaways**

- **Goals:** Aim for fasting glucose <95 mg/dL and post-meal glucose <120 mg/dL.
- **Medications:** Insulin is the safest and most effective treatment. Metformin may be used in specific cases. Avoid GLP-1 and SGLT2 medications during pregnancy.
- **Monitoring:** CGMs and insulin pumps greatly improve blood sugar control and reduce complications.
- **Complications:** Poor control increases the risk of preeclampsia, birth defects, and delivery complications.

By working closely with your healthcare team, you can achieve excellent blood sugar control and significantly improve outcomes for you and your baby.