

# Rural Support Service - Diabetes Service

## Pre-existing T1 or T2 in pregnancy

### Pre-pregnancy counselling (as per T1 or T2 pathway)

**Note:**

Obstetric care  
General Practitioner  
Midwife  
Dietitian

Pregnancy confirmed

Nutrition (+CHO) education  
Exercise / activity action plan  
Sick day action plan  
Hypo action plan  
Blood glucose monitoring & targets  
Blood ketone testing  
Insulin action plan & insulin adjustment  
Driving action plan  
Type 2 diabetes – notify NDSS re change

Weekly review of blood glucose

Variance to pathway

Review & update above

Return to T1 or T2 pathway

**Variances to pathway**

Admission to hospital  
Breastfeeding and Insulin action plan  
Following illness  
Elevated BG  
Travelling  
Initiation of CGM / FGM  
Initiation / Upgrade of CSII  
Complications  
– renal  
– CV  
– vision  
– feet  
Hyperemesis Gravidia