bcdiabetes.ca
Patient Care + Research + Clinical Trials

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Diabetes in pregnancy - Hospital / emergency plan

(credits to Dr. Kate Hawke, visiting Diabetes Fellow 2023-2024)

When you are pregnant, you may need to present to hospital unexpectedly for issues related to the pregnancy, or any other reason. Because your glucose control is so important in pregnancy, and because the complications of DKA are greater, contingency planning is important. Having the below things arranged will make things smoother for you and the staff at your local hospital.

Documents/arrangements to keep prepared as your insulin doses change throughout pregnancy

Printed copy of a letter from BCDiabetes describing your insulin management in pregnancy
Printed copy of your sick day plan, and if relevant your pump failure plan, filled out with your insulin doses (scroll to page 4 of the document; there is an online calculator to help you populate the 'my pump values' notebook)
If Looping, bring your Omnipod PDM, updated with your current insulin settings, in case you need to revert to using PDM

Physical items to have in a 'go bag' (or the fridge in the case of insulin)

Spare phone charger / external battery pack
Spare Omnipod pods plus skin preparation supplies
Spare vials of rapid-acting insulin
Spare dexcom sensor
Rapid insulin pen and pentips
Long-acting insulin pen (for back-up if needing to come off pump altogether)
Glucometer with glucose-testing strips and finger poker
Ketone testing strips
Hypo treatment kit (sugary drinks/food, glucagon)

If Looping

Your local hospital may not be familiar with Looping.
Click this link for a general letter from BCDiabetes explaining Looping to hospital staff.

Short URL = https://bit.ly/DiP-HospER