

The Pregnancy and Diabetes Clinic Multidisciplinary Health Care Team

Maternal Fetal Medicine Specialist -
An obstetrician (doctor) specially trained
in high risk pregnancy management.

Endocrinologist - A doctor specially
trained in diabetes and hormone
management.

**Prenatal Nurse and Fetal Assessment
Nurse** - A nurse specially trained in caring
for women before their baby is born.

Diagnostic Medical Sonographer -
A technologist trained in fetal ultrasound.

Diabetes Nurse Educator - A nurse
specially trained in the education and care
of diabetes.

Diabetes Nutrition Educator - A dietitian
specially trained in the nutrition education
and care of diabetes.



If you have questions about the clinic or
your pregnancy, call:

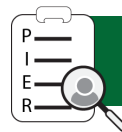
Fetal Assessment Unit
306-766-0647
Monday to Friday
8:00 a.m. to 4:00 p.m.

**Southern Saskatchewan Maternal
Diabetes Program**
306-766-3774
shapdcregina@saskhealthauthority.ca

If you need after hours assistance about
your pregnancy, call:

Labour and Birth Unit
306-766-6150

For 24 hour professional health advice
and information, call:



CS-PIER-0229



saskhealthauthority.ca

Healthy People, Healthy Saskatchewan



Pregnancy and Diabetes Clinic

Patient Information



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Joint program of Endocrinology,
Diabetes educators, Fetal Assessment Unit and
Maternal Fetal Medicine.



CS-PIER-0229

**Area: Regina
February 2025**

Goals of the Clinic

- help you deliver a healthy baby at term
- help you to keep your blood sugar within your target range
- help protect you and your baby from the effects of poor diabetes management
- help give you confidence about your ability to manage your pregnancy with the continuing advice of the healthcare team

Women Who Should Attend

- have diabetes before pregnancy
- develop gestational diabetes during pregnancy and cannot achieve normal blood sugars with healthy eating, portion control, and physical activity

Initial Clinic Visit

By this time, you may have spent time with a nurse and nutrition educator learning about blood sugars, diet, and other aspects of diabetes and pregnancy.

During your clinic visits, you will be seen by two teams of healthcare providers who coordinate your care: a pregnancy team and a diabetes team.

What to bring to Each Visit

- your blood sugar record book
- your prenatal records (if you have them)
- a snack



[Image by FiveFlowersForFamilyFirst](#) via [Pixabay](#)

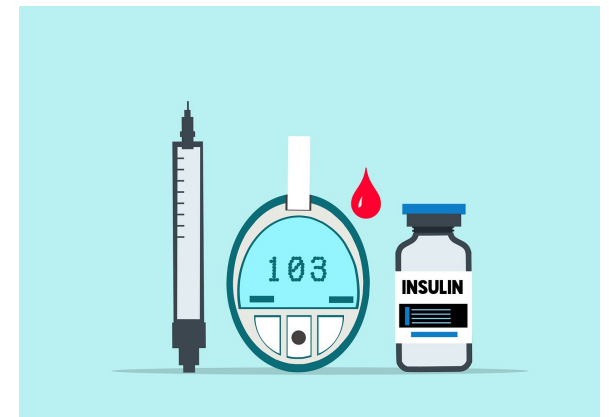
Appointments

Appointments are every 4 weeks until 28 weeks into your pregnancy, then every 2 weeks until 36 weeks into your pregnancy, then weekly until delivery. These visits may be in person or by phone.

The Pregnancy and Diabetes Clinic is held on Tuesday, Thursday or Friday mornings. The day that you attend clinic will be determined at intake into the program. Since many services are provided during this visit, you may be at the clinic for several hours.

Tests

- your weight, blood pressure, and fetal growth are checked
- an ultrasound is typically scheduled at about 8, 12, 20, 28, 32 and 36 weeks of pregnancy
- Non stress tests are done in clinic as ordered by the obstetrician and typically occur weekly or biweekly starting at 30 weeks
- you will receive requisitions for blood and urine tests as necessary
- the maternal fetal medicine specialist assesses how your pregnancy is progressing
- the endocrinologist assists to manage your blood sugar control



[Image by Mohamed hassan](#) via [Pixabay](#)