



Obstetrics & Gynecology Clinics

Gynecologic Oncology
966-7822

Obstetrics & Gynecology
966-2496

- Advanced Laparoscopy & Gynecologic Surgery
- Maternal-Fetal Medicine
- OB/GYN Resident Practice
- Urogynecology & Reconstructive Pelvic Surgery
- Women's Primary Healthcare

Reproductive Endocrinology
966-1150

OB/GYN Ultrasound & Prenatal Diagnosis
843-6094

You will soon be coming to UNC Hospitals to our OB Diabetes Clinic. We would like to tell you a little about the clinic before your visit. Please read all of this letter to understand what will happen at your first two visits.

The UNC OB Diabetes Clinic is for pregnant women who also have a problem known as diabetes. There are two types of diabetes in pregnancy: one type occurs in people who are not pregnant and continues into pregnancy; the other type occurs only after a woman becomes pregnant. Your healthcare provider has referred you to us because you have one of these types of diabetes.

The treatment of diabetes is important to help people use the foods they eat to stay healthy. Pregnant women with diabetes can have more difficult pregnancies because diabetes affects their own health and the health of their unborn baby. By working closely with their health care providers and by carefully watching their foods and blood sugars, the risks to the mother and the baby can be greatly reduced.

Our special OB Diabetes clinic is designed to help you have the healthiest pregnancy and the healthiest baby possible. Many people, including doctors, diabetic teaching nurses, nutritionists, other nurses and pharmacists will be working with you to help you understand and manage your diabetes during pregnancy. If you speak only Spanish, we also have translators and bilingual staff in our clinic to help you.

To start taking care of you and your diabetes you will have two appointments. The first appointment is scheduled at the UNC OB Diabetic Clinic on _____ at _____.

At the first visit you will:

- ❖ Attend a class with the diabetes teaching nurse to learn about diabetes in pregnancy, how the diabetic clinic works, how to check your own blood sugars and record them for your doctor visit, and other ways you can stay as healthy as possible.
- ❖ Attend a class with the nutritionist to learn how to make the healthiest choices about the foods you eat. Following a special diet will decrease the amounts of medicines you need.
- ❖ Meet with the financial counselor to discuss ways to afford the special care you and your unborn baby will be receiving.
- ❖ Get a prescription for the special equipment you will need to check how your body is using the foods you eat.
- ❖ At the end of this visit, an appointment will be made for you to come back on another day to see the doctors. The appointment is on another day because the doctors will want to review the results of the blood tests you learned how to do at the first visit.

To get ready for your first visit please do the following:

- ❖ Carefully complete the “Diet Recall” paper that your MCC or nurse gave you. This will help us know what kinds of foods you eat, how often and how much. Please write on this paper everything you eat and drink for one whole day before your appointment. We will review this when you come for your visit. It is very important that you bring this along so put it in your purse or someplace else where it will not be lost.
- ❖ Bring your Medicaid card and any private health insurance information with you to your appointment. If you do not have insurance or a Medicaid card, you will need to bring along a completed financial assistance form. Your MCC or nurse has this form and can help you begin to fill it out.
- ❖ If you do not know how to get to the UNC Hospitals ask your MCC or nurse for directions.
- ❖ If possible, please do not bring small children with you as the space we have for the class can become very cramped when there are many women needing the special education. In addition, the first visit can be very long which causes children to become tired and restless.
- ❖ If you must bring your children, bring another adult to watch them.
- ❖ Please don't be frightened about diabetes and pregnancy. We are here to help you and we look forward to working with you to help you and your baby be as healthy as possible.