

The Diabetes Health Care Team

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

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.



Image by [Elf-Moondance](#) via [Pixabay](#)



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

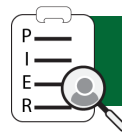
Fetal Assessment Unit
306-766-0647
Monday to Friday
8:00 a.m. to 4:00 p.m.

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-0230



[saskhealthauthority.ca](https://www.saskhealthauthority.ca)

Healthy People, Healthy Saskatchewan



Pregnancy and Diabetes Clinic

Patient Information - Partial Clinic

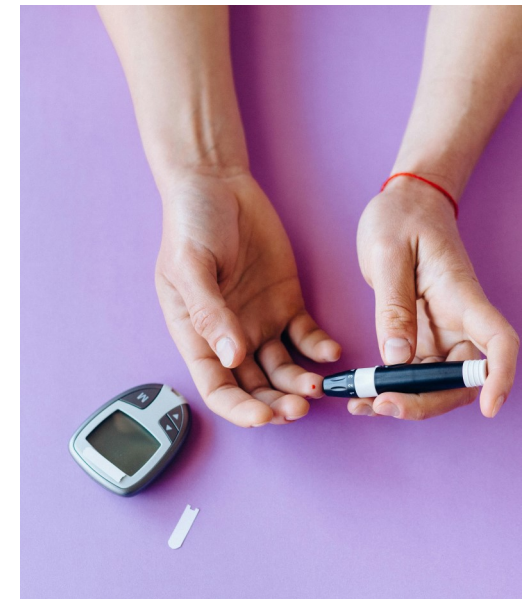


Photo by [Nataliya Vaitkevich](#) via [Pexels](#)



CS-PIER-0230

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



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



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

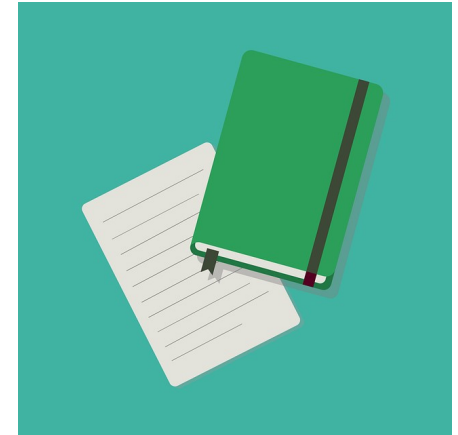
Women Who Should Attend

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

You will continue to see your obstetrician in the community.

What to Bring to Each Visit

- your blood sugar record book
- a snack



[Image](#) by [ravi gupta](#) via [Pixabay](#)

Appointments

The Pregnancy and Diabetes Clinic is held on Monday mornings. All services are provided in a single setting at the Fetal Assessment Unit, Unit 2C at the Regina General Hospital. Spacing between appointments is determined at each appointment.