

Life After Gestational Diabetes

**Knowing Your Risks
& What You Should Do
After Pregnancy**



Woman's

exceptional care,
centered on you





Gestational diabetes is diabetes found during pregnancy. If a woman has gestational diabetes, both she and her new baby have a lifelong risk of developing type 2 diabetes. A woman with gestational diabetes is still “pre-diabetic” even after her baby is born. In many women, this can be prevented with a healthy diet and regular exercise, but others may need additional treatment.

After Your Baby is Born

- Keep checking your blood sugars and keep a log for your next doctor’s visit.
- Consider breastfeeding for six to nine months to reduce your and your baby’s risk for type 2 diabetes.
- Keep your follow-up appointment with your Obstetrician/ Gynecologist (OB/GYN).
- Take a two-hour glucose tolerance test six to 12 weeks after delivery.

Post Pregnancy and Beyond

- Tell **all** of your doctors that you had gestational diabetes. Also tell your child's doctor.
- Consider breastfeeding your baby for at least six to nine months or more. It may lower your child's risk for type 2 diabetes.
- Try to reach your pre-pregnancy weight six to 12 months after your baby is born.
- Make healthy food choices for you and your family such as fruits and vegetables, fish, lean meats, whole grains, and low-fat or dairy. Eat smaller portions, and choose water to drink.
- Follow a healthy lifestyle. Be active at least 30 minutes, five days per week.
- One year after your baby is born, you should have a repeat 75 gram oral glucose tolerance test with insulin.
- If you plan to become pregnant in less than one year, you should be tested with a 75 gram oral glucose tolerance test before you become pregnant.



Woman's Metabolic Health and Research Programs

Services are available to provide you with care of your condition after pregnancy. We offer a program that includes clinic visits, nutrition classes and opportunities for participation in research, if interested. Contact us at 225-924-8948 for more information or to schedule an appointment.

Metabolic Health and Research Services
Physician Office Building, Suite 513
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Baton Rouge, LA 70817
225-924-8947

womans.org



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Founded in 1968, Woman's is a nonprofit organization, governed by a board of community volunteers, providing medical care and services in order to improve the health of women and infants, including community education, research and outreach.