



If You Had Diabetes While You Were Pregnant: Now That Your Baby Is Here

Because you had diabetes when you were pregnant, you need to take special care of yourself and your baby. These tips will help:



Breastfeed your baby.

- It is good for you and your baby. It helps lower your blood sugar and may help keep your baby from getting diabetes.
- Ask for help and get the support you need
- Talk to your health care provider about your breastfeeding questions and concerns

Keep eating healthy foods.

- Eat foods low in fat and sugar
- Eat foods high in fiber. Snack on fruits and vegetables.
- Ask your health care provider to refer you to a registered dietitian
- Stick to water and cut out sweet drinks. Limit fruit juice.

See your health care provider.

- Let them know you had diabetes when you were pregnant
- Make an appointment to have your blood sugar checked

Get a blood sugar test at the lab. This test will let you know if your diabetes has gone away.

- Get a blood sugar test at your six week check-up
- Get a blood sugar test once a year

Find out about birth control.

- Talk to your health care provider
- Tell them you had diabetes when you were pregnant
- Get a birth control method that is safe for someone who has had diabetes

Get plenty of physical activity.

- Take a walk every day
- Talk to your health care provider about activity that is right for you
- Try to make your life more active each day

Keep a healthy weight.

- Losing weight can prevent diabetes the next time you are pregnant
- A healthy body weight can help prevent type 2 diabetes
- Talk to your health care provider about a healthy weight for you

Have your blood fat (lipids) checked.

- Get this test six months after your baby is born or after you have stopped breastfeeding
- Be sure to get a blood sugar test annually and before you get pregnant again
- If you have diabetes, see your health care provider before you get pregnant