GESTATIONAL DIABETES: WHAT TO EXPECT AFTER PREGNANCY

The good news is, after delivery, your blood glucose levels will typically return to normal. It is not necessary to continue to monitor blood glucose levels after delivery unless otherwise directed by your physician.

However, you will need to follow-up with your doctor 6-8 weeks post-partum for glucose screening in order to assess for any preliminary diabetes development, or assessing your risk for diabetes.

Unfortunately, about 60% of women with a diagnosis of GDM will develop type 2 diabetes within 10 years. However, you can reduce your risk by achieving and maintaining a healthy lifestyle.

Ways to reduce your risk of type 2 diabetes by following a healthy lifestyle:

- Exercise regularly (accumulating at least 30 minutes of moderate exercise per day, 5 days per week)
- Eat a healthy balanced diet including non-starchy vegetables, lean protein, fruits and whole grains (plate approach).
- Breastfeed (if possible) to help lose weight and lower your insulin resistance. It can also lower your baby’s risk for type 2 diabetes. If you are breastfeeding, continue to take your prenatal vitamins.
- Schedule routine checkups with your health care provider to monitor your blood glucose level every 1-3 years.

Remember that a healthy lifestyle is not only good for you, but also for your baby and the whole family. Make sure your child maintains a healthy weight and eats nutritious foods to help reduce his or her risk of developing type 2 diabetes in the future.

For more information:
American College of Obstetricians and Gynecologists: [www.acog.org/Patients/FAQs/Gestational-Diabetes](http://www.acog.org/Patients/FAQs/Gestational-Diabetes)

American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)