



Staying Healthy After Pregnancy



You had gestational diabetes. You delivered a healthy baby boy, 7 pounds 9 ounces, one week ago. You need to return to work in four weeks. You want to continue breastfeeding your baby, but you are worried you will not be able to when you return to work. Your mother plans to care for your baby while you are at work. You have been checking your blood sugar four times a day and it is always normal. You are very happy that your diabetes is gone and you do not need to worry about it anymore.

1. What are some of the things you would do to take care of your health needs after delivery?

2. Why would you want to continue breastfeeding after returning to work? What would help you continue breastfeeding?

3. How would you know that you do not have diabetes? What would you do to try to prevent or delay type 2 diabetes?





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1. What are some of the things you would do to take care of your health needs after delivery?

Self-care includes:

- checking blood sugar as instructed
- making healthy food choices
- being active
- taking medicine(s) as prescribed
- handling feelings and stress
- getting a 2-hour 75-gram GTT 6-8 weeks after delivery, or shortly after stopping breastfeeding
- planning for next pregnancy
- follow-up with health care provider
- other care, including tests/examinations/immunizations
- avoiding tobacco and alcohol
- identifying support people/community resources

2. Why would you want to continue breastfeeding after returning to work? What would help you continue breastfeeding?

Benefits of breastfeeding include:

- improved blood sugar for mother
- improved blood fats for mother
- weight loss
- decreases chance of obesity for baby
- increases baby's ability to fight infection
- decreases chance of future diabetes for child
- lower cost
- more convenient
- (Possibly less insulin required by mothers with type 2 diabetes)

Resources include:

- lactation specialist
- family
- public health nurse
- health care team

3. How would you know that you do not have diabetes? What would you do to try to prevent or delay type 2 diabetes?

Women with gestational diabetes need to have a 2-hour 75-gram GTT 6-8 weeks after delivery, or shortly after they stop breastfeeding, to know if they no longer have diabetes. A woman with gestational diabetes is more likely to develop type 2 diabetes later in life. She can do these things to prevent or delay type 2 diabetes:

- stay at a healthy weight
- make healthy food choices
- be active every day



