

## GESTATIONAL DIABETES: Postpartum

### According to Diabetes Canada:

- 16-20% of women have elevated blood sugars 3-6 months after giving birth.
- 30-84% of women who had gestational diabetes in their first pregnancy will get it again in their future pregnancies.
- Breastfeeding immediately after delivery and for at least 3 months postpartum may reduce low blood sugar in baby at birth and obesity later in life. Breastfeeding can also reduce mother's risk of developing type 2 diabetes in the future
- After 9 years, 20% of women with prior GDM will develop type 2 diabetes.



### Postpartum: Testing

- 2-4 weeks:** Test blood sugars once a day (if taking insulin during pregnancy, please test before and after a meal once a day)
- Blood Sugar Targets:** Fasting: 4-6mmol/L  
2hrs after eating: less than 7.8mmol/L
- 3-4 months:** 2 hour 75g Oral Glucose Tolerance Test to be done
- 3-4 months:** Postpartum visit with Diabetes Care Guelph Team
- 1yr:** Eye exam within first year postpartum
- 1-3yrs:** Screening for Type 2 Diabetes should be done every 3 years or more frequently depending on other risk factors. Please discuss this with your family doctor

It is recommended that you continue your daily prenatal vitamin or a women's multivitamin for the duration of breastfeeding.

It is also recommended that your baby receive Vitamin D 400IU daily for the duration of breastfeeding (these can be purchased as drops – 1 drop = 400IU) or until your baby is consuming at least 32oz (1 liter) of Vitamin-D fortified formula or cow's milk daily.

## Planning for Future Pregnancies

Pre-pregnancy planning is recommended for future pregnancies. It is important to be taking folic acid (5mg) and vitamin D 4000IU daily for three months pre-conception (continued throughout the pregnancy) and to have good blood sugar control before getting pregnant. Please consider pre-conception counseling through your doctor's office or Diabetes Care Guelph before getting pregnant. If you haven't been testing blood sugars prior to conception and you discover you are pregnant, please contact Diabetes Care and your doctor as soon as possible and restart testing blood sugars (fasting and 1hr post-meals).



## Decrease Your Risk

Ways to decrease your risk of developing type 2 diabetes include:

- Breastfeed, if able, for at least the first 3 months
- Follow a healthy, balanced diet
- Participate in regular physical activity

## Resources

All patients of the Guelph Family Health Team have free access to a Registered Dietitian through their doctor's office for any ongoing postpartum nutrition support for mom and/or baby or future pre-conception counseling.

If you do happen to become pregnant please contact your Diabetes Care Guelph Team (via phone or email) and doctor to discuss next steps.

Phone: 519-840-1964

**DiabetesCare**  
Guelph

