

DiabetesCare Guelph

Enhancing Access. Improving Care. Supporting Patients.



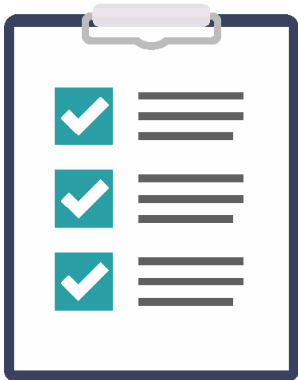
Diabetes Care Guelph is dedicated to helping people who are **living with Type 1, Type 2 or Gestational Diabetes** or who are **at risk for diabetes**, to have a healthy and fulfilling life. We work closely with local Physicians and other health services in our community to ensure people living with diabetes have access to the information and resources they need to manage their diabetes.

Gestational Diabetes – Postpartum Checklist and Screening:

Most women who have had gestational diabetes (GDM) are happy to see their blood sugar return to normal levels after delivering their baby. It's a relief to be done with monitoring blood sugars and being careful with diet. However, it is important for those with GDM to have regular diabetes screening as they remain at a higher risk for developing type 2 diabetes.

Women with GDM can reduce their risk of developing type 2 diabetes by breastfeeding, if able to, for at least the first 3-4 months. They can also reduce their risk by engaging in regular physical activity and continuing to eat a healthy diet, moderate in carbohydrates.

Postpartum Checklist:



- ✓ Test blood sugars once per day for 1-2 weeks postpartum. If you required insulin during pregnancy, test blood sugars 2x/day for 1-2 weeks. If your blood sugar is in the target range, you can stop testing.
 - Non-pregnant blood sugar targets: fasting < 6.0 mmol/L and two hours after eating < 7.8 mmol/L
- ✓ Complete the repeat 75g Oral Glucose Tolerance Test (OGTT) between 6 weeks and 6 months postpartum. You will need to be fasting for at least 8 hours for this test. Your blood will be drawn twice, once before drinking the provided liquid containing 75g of sugar, and again 2 hours later. This test will detect prediabetes and diabetes.
- ✓ Postpartum appointment at Diabetes Care Guelph after completing the OGTT. This appointment can either be in person or over the phone.
- ✓ 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.

Supplementation:

- ▶ Continue your daily prenatal vitamin or a women's multivitamin for the duration of breastfeeding.
- ▶ For breastfed babies, give 400 IU Vitamin D daily. This can be purchased in a liquid formulation where one drop equals 400 IU. Continue with Vitamin D supplementation until your baby is getting an adequate amount through diet, around one year of age. Formula fed babies will get enough Vitamin D through their formula.

Planning for Future Pregnancies:

- ▶ Use a reliable form of birth control until you are ready to start pregnancy planning again. It is important to have blood sugars at target prior to conceiving. Screening for diabetes should be performed before conceiving.
- ▶ Women with previous GDM should plan future pregnancies in consultation with their health care providers.
- ▶ To reduce the risk of congenital anomalies and optimize pregnancy outcomes, all women should take a folic acid supplement of 1.0 mg.
- ▶ If you haven't been testing your blood sugars prior to conception and you discover you are pregnant, please contact Diabetes Care Guelph and your doctor as soon as possible and restart blood sugar testing.

Postpartum Depression:

- ▶ About 20% of women experience a perinatal mood disorder. Symptoms can range from mild to severe and can include low mood, anxiety, and irritability/anger. Symptoms can begin any time during the 1st year after giving birth.
- ▶ The Guelph Family Health Team offers the Postpartum Mood Disorder (PPMD) support program for women who are experiencing mild to moderate symptoms. **To book an appointment call 519-837-4444 and press option 3 for PPMD support program.**
- ▶ For urgent mental health matters please contact Here 24/7 (1-844-437-3247), call 911 or go to your local emergency department.

