
PREVENTING TYPE 2 DIABETES AFTER PREGNANCY

When you have had gestational diabetes, you have a one in three chance of developing type 2 diabetes in the future.

STEPS TO LOWER THE RISK AFTER THE BIRTH OF YOUR BABY:

- Have your blood glucose checked once a year
- Repeat glucose tolerance test per your doctor's recommendation
- Make healthy food choices
- Get 30 minutes of physical activity every day
- Get your weight into a healthy range that is right for you and maintain that weight
- Consider breast feeding if possible

Notify your healthcare provider if you experience any symptoms of high blood glucose, including:

- Feeling more tired than usual
- Cuts and infections that are slow to heal
- Recurrent yeast infections
- Blurred vision
- Needing to urinate often
- increasing thirst or hunger