Gestational Diabetes

Follow-up Care after Delivery

It's important to be tested for diabetes after your baby is born. Women who have gestational diabetes are 7 times more likely to get type 2 diabetes later in life. Talk to your health care provider about testing for diabetes 6 to 12 weeks after delivery. Ask if you need to see an endocrinologist, a doctor who treats people with diabetes and other hormone imbalances, for evaluation.

Other healthy habits

- Eat a healthy diet.
- Exercise regularly.
- Talk about your plans for more children with your health care provider before your next pregnancy.
- Maintain a healthy weight. You should be back to your weight before you were pregnant within 6 to 12 months. If you have not reached your goal weight, work to lose 5 to 7 percent of your total body weight. For example, if you weight 200 pounds, aim for a weight loss of 10 to 14 pounds. Plan to lose weight slowly. This will help you keep it off.
- Get regular health checkups and have your blood sugar checked by your primary care doctor at least every 1 to 3 years.

Getting tested for diabetes, eating a healthy diet, exercising regularly and maintaining a healthy weight can help you delay or prevent type 2 diabetes in the future.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.