

Healthy Weight

- Maintaining a healthy weight is important for general health and reducing diabetes risk
- Choose a variety of healthy foods and drink plenty of water
- Avoid junk foods such as fried foods and sugary drinks
- Be active everyday e.g. 30 minutes walking or busy yardwork



Smoke Free

- Smoking is not healthy for you or your baby
- Staying smoke free is best for your health and the health of your family
- See your local clinic for support to quit smoking or call Quitline on 13 78 48

Contraception and future pregnancies

- If you had gestational diabetes in your last pregnancy you will need to have an early test for diabetes in future pregnancies
- If you have type 2 diabetes it is important to maintain your blood glucose levels within a healthy range, especially if you are planning another pregnancy
- Having some space between pregnancies allows your body to recover. Your clinic staff can discuss ways to plan for your next pregnancy and which methods of contraception are available



If you have any concerns you can talk to your clinic staff for more help and information.

For further information you can visit the Diabetes in Pregnancy Partnership website:

dipp.org.au

Or for enquiries email:

DIPPINQ@menzies.edu.au

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HEALTHY MOTHERS AFTER A PREGNANCY WITH DIABETES



Far North Queensland Diabetes in Pregnancy Partnership

**DIABETES across the LIFECOURSE:
Northern Australia Partnership**



It is important for mothers to be healthy after a **pregnancy with diabetes**. This can be hard when you are already looking after a baby. This brochure contains information which explains the best ways to look after yourself, with the help of your clinic staff.

Gestational diabetes

Gestational diabetes is diagnosed during pregnancy. This type of diabetes stops when the baby is born, but you will still need a test around 6-12 weeks after your baby is born to see if your sugar levels have returned within target range. If you have gestational diabetes, you are at risk of having gestational diabetes in future pregnancies and developing type 2 diabetes later in life.

Type 2 diabetes

You might have had type 2 diabetes before you were pregnant. This type of diabetes needs to be regularly managed even when you are not pregnant. Many people with type 2 diabetes need insulin or medication all of the time to help keep glucose levels in the target range. If you have type 2 diabetes and are planning a pregnancy, it is important to visit your local clinic for a health and medication review.

Diabetes in pregnancy

Which type do I have?

gestational diabetes

OR

type 2 diabetes

It is important to look after yourself after having diabetes in pregnancy. Here are five key ways:

1. Visit the clinic for your blood glucose check
2. Breastfeed your baby
3. Having a healthy weight and being active every day
4. Staying smoke free
5. Contraception and pregnancy planning – talk to your clinic staff about future pregnancy plans so your body is healthy if you decide to have another baby

1 GLUCOSE CHECKS

2 BREASTFEEDING

3 HEALTHY WEIGHT

4 SMOKE FREE

5 CONTRACEPTION



Blood glucose check

Gestational diabetes:

- When your baby is 6–12 weeks old, it is recommended to have an Oral Glucose Tolerance Test (OGTT). Otherwise you can get a HbA1c (blood test or finger prick) *after* baby is 12 weeks old
- This test is important to check if you still have diabetes after your pregnancy
- If your test results are normal, have a blood glucose check every year as part of your annual health check

Type 2 diabetes:

- Continue to manage your diabetes—check your blood glucose levels regularly and visit your local clinic for regular health checks
- Take your diabetes medication. Your clinic staff will explain how often to have your insulin and/or medication
- Check with health staff to see which medications are safe while breastfeeding

Breastfeeding

- Breastfeeding has health benefits for you and your baby, including reducing the risk of diabetes
- Breastmilk is the best source of nutrition for a new baby can help to protect your baby from illnesses
- It is recommended to breastfeed for 12 months and beyond
- Breastfeeding can also help you return to a healthy weight after pregnancy

