

DISTRICT OF COLUMBIA

5 Tips for Women with Gestational Diabetes

1 Eat Healthy Foods

Eat healthy foods from a meal plan made for a person with Diabetes. A dietitian can help you create a healthy meal plan. A dietitian can also help you learn how to control your blood sugar while you are pregnant. WIC provided Registered Dietitians are available to assist.

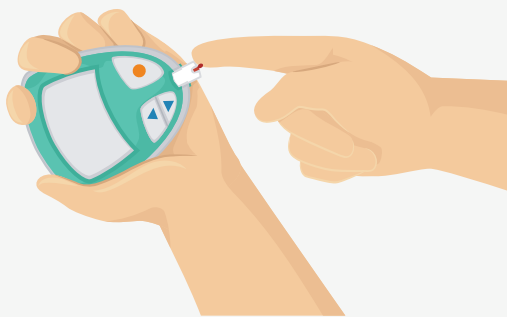


2 Exercise Regularly

Exercise is another way to keep blood sugar under control. It helps to balance food intake. After checking with your doctor, you can exercise regularly during and after pregnancy. Get at least 30 minutes of moderate-intensity physical activity at least five days a week. This could be brisk walking, swimming, or actively playing with children.

3 Monitor Blood Sugar Often

Because pregnancy causes the body's need for energy to change, blood sugar levels can change very quickly. Check your blood sugar often, as directed by your doctor and keep a log of your blood sugar numbers.



4 Take Insulin, If Ordered

Sometimes a woman with Gestational Diabetes must take insulin. If insulin is ordered by your doctor, take it as directed in order to help keep blood sugar under control.

5 Get Tested for Diabetes after Pregnancy

Get tested for Diabetes 6 to 12 weeks after your baby is born, and then every 1 to 3 years. For most women with Gestational Diabetes, the Diabetes goes away soon after delivery. When it does not go away, the Diabetes is called Type 2 Diabetes. Even if the Diabetes does go away after the baby is born, half of all women who had Gestational Diabetes develop Type 2 Diabetes later. It's important for a woman who has had Gestational Diabetes to continue to exercise and eat a healthy diet after pregnancy to prevent or delay getting Type 2 Diabetes. She should also remind her doctor to check her blood sugar every 1 to 3 years.



Ref: <https://www.cdc.gov/pregnancy/diabetes-gestational.html>

If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

'영어로 대화를 못하시거나 영어를 읽지 못하는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

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如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話，我們會有代表幫助您



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