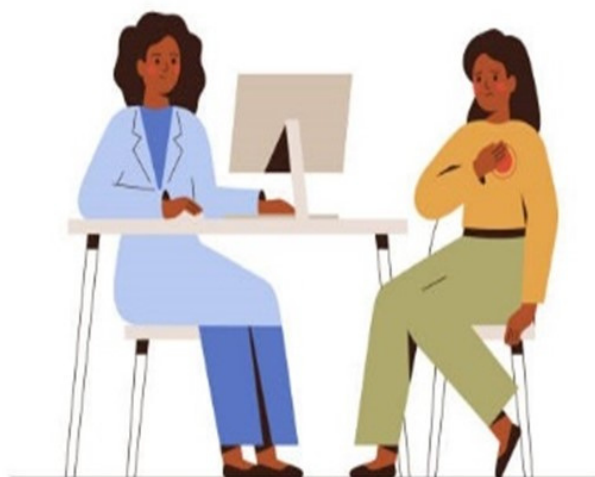


DISTRICT OF COLUMBIA

What Should I Do If I Have Diabetes?

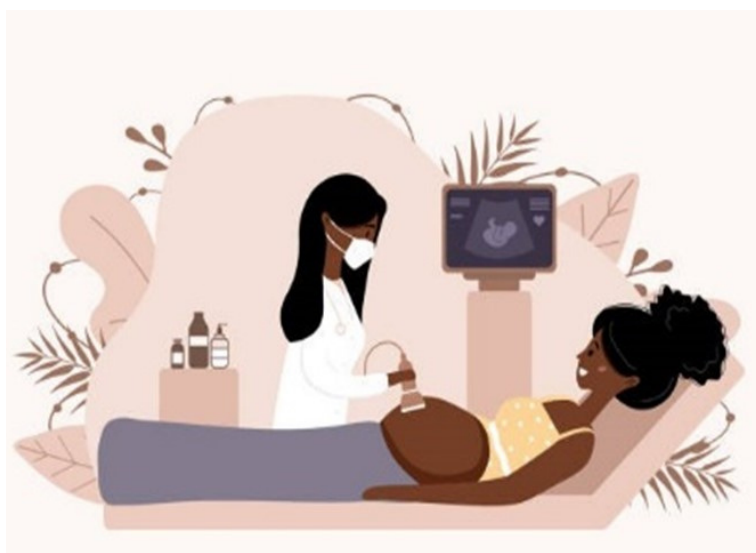
1 Before Pregnancy

For women with Type 1 or Type 2 Diabetes, it's important to see your doctor before getting pregnant. It provides an opportunity to discuss changes in blood sugar levels and make adjustments to monitoring and medication.



2 During Pregnancy

Managing Diabetes can help you have a healthy pregnancy and a healthy baby. To manage your Diabetes, see your doctor as recommended, monitor your blood sugar levels, follow a healthy eating plan developed with your doctor or dietician, be physically active, and take insulin as ordered.



3 After Pregnancy

Women who had Gestational Diabetes are more likely to develop Type 2 Diabetes later in life. If you had Gestational Diabetes, it's important to see your doctor to get tested for Diabetes 4 to 12 weeks after your baby is born. If you don't have Diabetes at that time, continue to get tested every 1 to 3 years to make sure your blood sugar levels are in a healthy range.



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.

የእንግሊዝኛ ቋንቋ መናገርና ማንበብ የማይችሉ ከሆነ ከጧቱ 8:00 ሰዓት እስከ ቀኑ 5:30 በለው ጊዜ በስልክ ቁጥር 888-404-3549 በመደወል እርዳታ ማግኘት ይችላሉ።

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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