

Type 1 or type 2 diabetes: Diabetes after pregnancy

Please call your Diabetes in Pregnancy Clinic if you have any concerns after delivery. You'll be contacted to schedule a 6-week postpartum follow-up appointment at the clinic.

Diet

Follow the nutrition recommendations your dietitian gives you. A healthy diet will help your body recover after delivery and may help control your blood sugar.

Activity

Try to be active at least 150 minutes a week, spreading it over at least 3 days a week. Check with your doctor before starting exercise any harder than walking. Think about taking the *Living Well Exercise Program*. To learn more about this program, call (403) 943-2584.

Testing

Your diabetes care team can guide you as to how often and when to test your blood sugars. Your blood sugars will change in the weeks after delivery. Testing your sugars often can help you stay on top of the highs and lows you may go through. Blood sugar targets are 4 to 7 mmol/L before meals and 5 to 10 mmol/L 2 hours after meals.

Medications

If you have type 1 diabetes your insulin needs will be closer to, or sometimes less than what they were before you were pregnant. If you have type 2 diabetes and you're breastfeeding, talk to your doctor about the best diabetes medicine for you to take. Blood sugars often go up after breastfeeding stops.

Birth Control

Using breastfeeding as a form of birth control doesn't work well. Speak with your doctor about the best birth control for you.

Thyroid

Underactive thyroid (hypothyroidism): If your dose of thyroid medicine was increased while you were pregnant, you may be able to go back to your pre-pregnancy dose. Please talk to your endocrinologist or family doctor about the dose of thyroid medicine you should be taking.

Overactive thyroid (hyperthyroidism): Your endocrinologist will follow you closely after delivery if an overactive thyroid is a concern.

No thyroid problems: You may have a thyroid function test after delivery, especially if you have type 1 diabetes and there are any issues with postpartum depression, losing weight too fast, or poor breastmilk supply.

Planning another Pregnancy

Planning and reaching good blood sugar control before you become pregnant again is very important. To reduce the risk of birth defects, you should have an A₁C of less than or equal to 7% before getting pregnant again. Ask your doctor for a referral to the Diabetes in Pregnancy Clinic 6 to 12 months before you start trying to get pregnant.

Resources

The websites below have more information about diabetes:

- www.diabetes-pregnancy.ca
- www.diabetes.ca

This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.