

After the Baby Arrives...

Gestational Diabetes and Reducing Your Risks

Having a diagnosis of gestational diabetes during pregnancy, increases your and your child's risk of getting diabetes. The good news is that taking care of your own and your family's health after the pregnancy has been completed can help prevent or delay type 2 diabetes. The following advice may help you plan ahead:

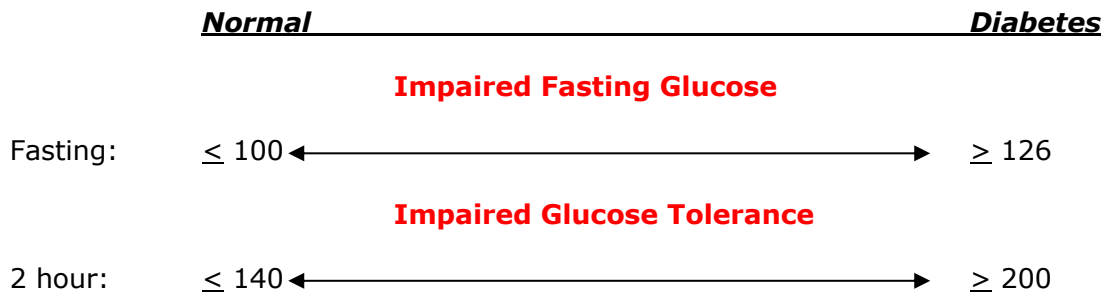
What to do after the delivery

- **Schedule an appointment with Dr. Jagasia in approximately 6 weeks after the delivery by calling 615-343-8332. You will be tested for diabetes at this visit.**

What to Expect During Your Next Clinic Visit with the Diabetes Team

- **You need to be fasting at this visit.** Please do not eat or drink anything except water for 8-10 hours for a repeat post partum Glucose Tolerance Test, which lasts for 2 hours.
- Dr Jagasia will discuss future monitoring for diabetes and management as needed.
- Please notify our front desk personnel regarding this testing at check-in, so that the test may be started in a timely manner.

Glucose Tolerance Test Goal:



What To Do in the Future

- Please let your primary care provider, obstetrician and pediatrician know about your history of gestational diabetes. Having gestational diabetes during pregnancy increases your chance of getting diabetes in the future. Your child should also be monitored for becoming overweight and developing diabetes in the future.
- It is important to have completely normal blood sugars before you get pregnant in the future.

Please be monitored for diabetes by your doctor regularly, since it can present with very few symptoms. However, please let your doctor know should you start experiencing symptoms of excessive thirst, excessive urination, blurring of your vision, etc.