After Baby is Born

A Gestational Diabetes Information Booklet
After birth, the midwife will do a heel prick blood test to check on your baby’s blood glucose level.

If your blood glucose levels were good during pregnancy your baby should not have problems after birth.

If your baby needs to go to the special care nursery, the midwives will make sure you get to feed and cuddle your baby.

Your baby will be watched for signs of
• low blood glucose levels
• breathing problems, and
• jaundice (yellow colour of the eyes and skin).
Breastfeeding is best for you & your baby

• You should breastfeed your baby as soon as possible after birth to stop low blood glucose levels (hypo’s) in baby
• Breastfeeding also helps you lose weight
• Breastfeeding may help protect your baby from getting diabetes as a child or teenager
Blood glucose monitoring and insulin

You should monitor your blood glucose levels for a few days after birth to make sure the diabetes has gone. Ask your health team when you should stop.

Most women with gestational diabetes can stop insulin injections after birth. Talk to your health team about this.
Follow-up after birth

It is important to have another oral glucose tolerance test (OGTT) 6-8 weeks after birth to make sure the gestational diabetes has gone away. This test should be done when your baby has a health check at 6-8 weeks.
If you’ve had gestational diabetes your risk of getting type 2 diabetes is much higher

YOU CAN REDUCE YOUR RISK BY:

- Exercising regularly
- Eating good food
- Staying at a healthy weight
- Having a yearly test for diabetes
Long term risks for your baby

Your baby will not be born with diabetes. There is a risk that baby will get diabetes as a child or young adult.

YOU CAN HELP PROTECT YOUR BABY FROM DIABETES BY:

✓ Breastfeeding your baby for the first 6 months
✓ Monitoring baby's growth with the child health nurse
✓ Giving your children healthy food and keeping them active so that they don't become overweight
Planning future pregnancies is important!

Talk to a health professional at the clinic and have a test for diabetes before becoming pregnant...
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Other booklets in this series:

- How Your Body Works
- Gestational Diabetes - What is it? How do we treat it?
- Eating for Gestational Diabetes
- Starting Insulin Injections

To order additional resources, e: resource.coordination@diabetesqld.org.au

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