



If you had gestational diabetes during pregnancy...

...you and your child have a lifelong risk for getting type 2 diabetes.

Call your health care provider to schedule the test for diabetes. This test should be done 6 to 12 weeks after pregnancy.

You can lower your risk for type 2 diabetes by choosing a healthy lifestyle.

- Make healthy food choices
Exercise
Lose weight

Aim to be at your pre-pregnancy weight 6 to 12 months after your baby is born. Breastfeed your baby to help you lose weight. Breastfeeding may also lower your child's risk of type 2 diabetes. Teach your child healthy lifestyle habits too.

Keep this card where you can see it as a reminder.

My Postpartum Appointment:

Date Time

Use the space below to write down questions you may have for your health care provider:

Five horizontal lines for writing questions.



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