Because you had diabetes when you were pregnant, you need to take special care of yourself and your baby. These tips will help:

**Breastfeed your baby.**
- It is good for you and your baby. It helps lower your blood sugar and may help keep your baby from getting diabetes.
- Ask for help and get the support you need.
- Talk to your health care provider about your breastfeeding questions and concerns.

**Keep eating healthy foods.**
- Eat foods low in fat and sugar.
- Eat foods high in fiber. Snack on fruits and vegetables.
- Ask your health care provider to refer you to a registered dietitian.
- Stick to water and cut out sweet drinks. Limit fruit juice.

**See your health care provider.**
- Let them know you had diabetes when you were pregnant.
- Make an appointment to have your blood sugar checked.

**Get a blood sugar test at the lab.** This test will let you know if your diabetes has gone away.
- Get a blood sugar test at your six week check-up.
- Get a blood sugar test once a year.

**Find out about birth control.**
- Talk to your health care provider.
- Tell them you had diabetes when you were pregnant.
- Get a birth control method that is safe for someone who has had diabetes.

**Get plenty of physical activity.**
- Take a walk every day.
- Talk to your health care provider about activity that is right for you.
- Try to make your life more active each day.

**Keep a healthy weight.**
- Losing weight can prevent diabetes the next time you are pregnant.
- A healthy body weight can help prevent type 2 diabetes.
- Talk to your health care provider about a healthy weight for you.

**Have your blood fat (lipids) checked.**
- Get this test six months after your baby is born or after you have stopped breastfeeding.
- Be sure to get a blood sugar test annually and before you get pregnant again.
- If you have diabetes, see your health care provider before you get pregnant.