

Did you have gestational diabetes during pregnancy?

Most women who had gestational diabetes will no longer have diabetes after the baby is born but they are at greater risk of developing type 2 diabetes, heart disease and stroke than women who did not have this condition.



Why me?

Around 10-15% of pregnant women will develop gestational diabetes. It is more likely to occur in women who are older mothers, have a family history of type 2 diabetes, are overweight or are from certain ethnic backgrounds. Women with gestational diabetes are typically offered specific dietary advice and some require insulin during their pregnancy.

What can I do?

After delivery of your baby, gestational diabetes normally disappears, but you should have an Oral Glucose Tolerance Test twelve weeks after the birth.

Because of your increased risk it is now important to:

- breast feed if possible
- keep your weight within a normal range
- follow a healthy diet and take regular exercise – aim to do 30 minutes of brisk walking five times a week
- have blood glucose tests every 2-3 years

What if I want to get pregnant again?

- have a blood glucose test every 1-2 years
- talk to your doctor about future pregnancy plans



For heart information and support
call our on Helpline 13 11 12 or visit
heartfoundation.org.au/conditions-women