

Your Health After Pregnancy: Gestational Diabetes Management and Support



Health risks during pregnancy can persist after childbirth, and continued monitoring and contact with your doctors are crucial.

Gestational diabetes is a condition that happens during pregnancy when the body can't produce enough insulin to manage blood sugar. Gestational diabetes is typically diagnosed around 20 weeks of pregnancy. This condition often resolves after childbirth, and parents can focus on diabetes prevention moving forward.



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Does having gestational diabetes raise my risk of developing other types of diabetes?

Gestational diabetes often resolves after childbirth. However, having gestational diabetes in one pregnancy greatly increases your risk of having diabetes in future pregnancies. Many people who have gestational diabetes are at higher risk of developing diabetes later in life.



More Resources

ConnectRx – UW Health

<https://go.wisc.edu/05gkm5>

Gestational Diabetes FAQs – American College of Obstetricians and Gynecologists

<https://go.wisc.edu/y8m8j7>

Gestational Diabetes – American Diabetes Association

<https://go.wisc.edu/05f4k7>

Gestational Diabetes – UW Health

<https://go.wisc.edu/z209ir>



How do I take care of myself after a pregnancy with gestational diabetes?

There are things you can do in your daily life to support your continued health after having gestational diabetes, including:

- Getting regular exercise
- Eating a nutritious, balanced diet

Visit your health care provider between four and 12 weeks after delivery for a blood test to check on your blood sugar. Your provider may recommend testing for diabetes every one to three years.