

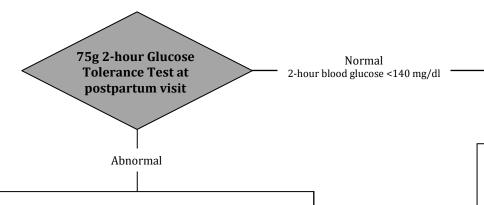
Postpartum Visit Algorithm: Gestational Diabetes

Remember the ABCs:

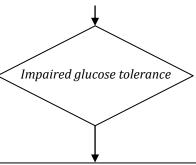






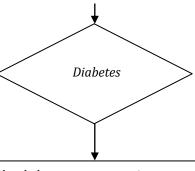


2-hour blood glucose 140 - 199



- Referral for pre-diabetes management by primary care provider.
- Nutritionist referral.
- Weight loss and physical activity counseling, as needed. (see Postpartum Overweight and Obese algorithm)
- Recommend yearly blood glucose screening by primary care provider.

2-hour blood glucose ≥200



- Blood glucose meter, testing supplies.
- Oral medications.
- Check Hb A1c level.
- Nutritionist referral.
- If overweight or obese, refer to weight loss program. (see Postpartum Overweight and Obese algorithm)
- Return visit in 3 months with primary care provider.

Education and Reassurance

- Educate patient about risk of recurrence during subsequent pregnancies.
- Recommend blood glucose screening every 1-3 years by primary care provider.
- Discuss weight management, as needed.



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EVERY DAY

Checklist for Healthy Women

Exercise – 30 minutes a day, 5 days a week

Vitamin – 400 micrograms of Folic Acid per day

Educate yourself about medicines and chemicals that can cause birth defects

Reproductive life planning – set your personal goals for birth control and future children

Yearly doctor visits to discuss physical and mental wellness

Diet – Vegetables, fruits, and whole grains daily

Avoid tobacco, drugs, and alcohol

Your partner, friends, and family should be sources of support

Content from everywomancalifornia.org used with permission from the Preconception Health Council of California.

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