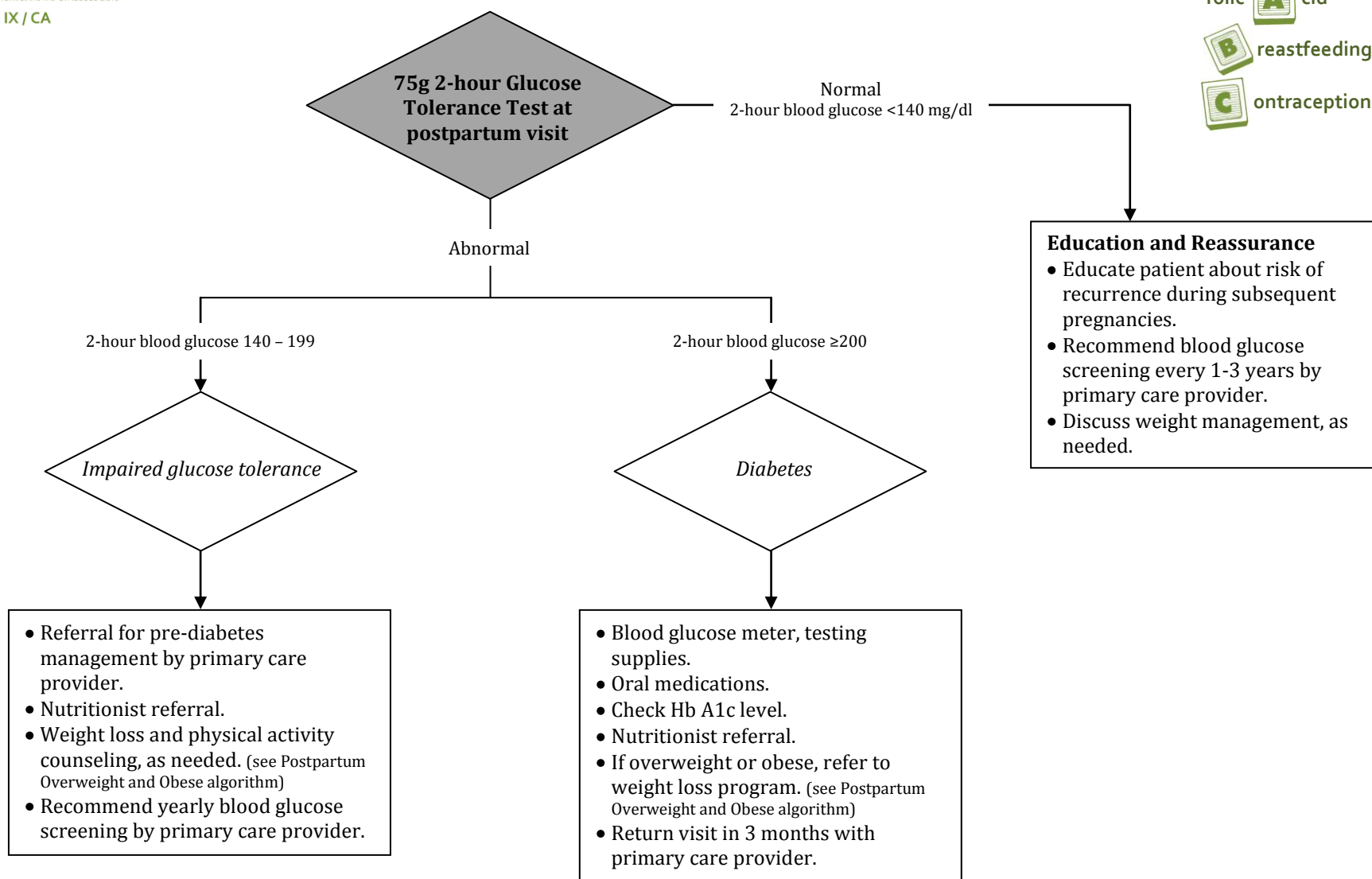


# Postpartum Visit Algorithm: Gestational Diabetes

Remember the ABCs:



## Postpartum Visit Algorithm: Gestational Diabetes

### 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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