

## Breastfeeding Tips

Experts agree that the best food for babies is breast milk. In addition, for reasons that remain unclear, breastfeeding for at least the first three months reduces the child's risk of type 1 diabetes. But breastfeeding can also complicate blood-glucose control.



Try these tips for healthy breastfeeding.

- » Making breast milk requires a lot of energy. Most nursing mothers find that they can eat a little more and use less insulin. But test yourself frequently.
- » Watch out for hypoglycemia and dehydration. Snack and drink water, juice, or low-fat milk before or while you breastfeed.
- » Eating is especially important during nighttime feedings to prevent low hypoglycemia in the morning.
- » Visit your dietitian. You may need help balancing your meals and your baby's meals with exercise and insulin regimens. You should also discuss a diet and exercise program aimed at returning you to your pre-pregnancy weight.

### **Talk to your doctor or midwife**

The information in this brochure is for educational purposes only. It is not intended to replace the advice from your healthcare professional.

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## Contact Us

If you have questions for your WeeCare representative, call between 9 a.m. and 5 p.m. Monday through Friday.

**801-366-7400**

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## Postpartum Issues



## Tips for new moms with diabetes

*An informational brochure provided by PEHP*

## The Postpartum Period

The postpartum period is a time of vast swings in a woman's body chemistry. Keep checking your blood glucose levels regularly.

Immediately after delivery, most women require less insulin than they expect to use.

Women with type 1 diabetes may require less insulin for the first three to four weeks postpartum. Women with type 2 diabetes may not need insulin at all during this time. If you're breastfeeding, don't take oral diabetes medications.



## Know the Signs of Postpartum Depression

Stick with the blood glucose testing habits you formed while pregnant. The combination of your own hormonal changes, the many demands a new baby makes, fatigue, and little time for sleep can trigger "baby blues" or more serious postpartum depression.

If you feel anxious or depressed, or notice that it's difficult for you to test your glucose regularly, contact your healthcare team promptly.

Postpartum emotional problems can be treated successfully if diagnosed early. Keep the following in mind.

- » With a new baby depending on you, it's critical to be alert for hypoglycemia. Test often, and if you feel low blood sugar coming on, treat it promptly.



- » Keep snacks close at hand, and be sure to take food with you when you leave the house.
- » Test before you drive.
- » Don't nap on an empty stomach.
- » Snack when you breastfeed, and especially during middle-of-the-night feedings.

- » New mothers can become so preoccupied with their baby that they miss meals. Eat regularly. Good meal timing is critical to tight control.
- » Don't put your infant's feedings before your own, even though his or her plaintive crying may tempt you otherwise.
- » If it's difficult for you to detect low blood sugar, be vigilant and test often when you are alone with your baby. Make sure those around you know how to spot your signs of low blood sugar. Teach them what to do if you don't seem like yourself.
- » Keep a glucagon kit within easy reach.

Women with gestational diabetes typically find that their blood sugar levels return to normal shortly after delivery. But your physician should test your glucose tolerance several times during the first four months after birth. If the tests reveal high blood glucose levels, even if they are not high enough to diagnose diabetes, your risk of developing type 2 diabetes within the next five years is high.

However, in such cases, the risk for developing diabetes may be reduced by weight loss and regular exercise. Women with high blood glucose levels postpartum should also have glucose tolerance tests every six to 12 months to detect incipient type 2 diabetes as early as possible.

