



### BREAST FEEDING<sup>1</sup>

All women must be encouraged to breast-feed (exclusively for 6months and complementary for 12-18months)

### POSTPARTUM FOLLOW UP

6-12 weeks postpartum



### GLUCOSE TESTING<sup>2</sup>

2 hour post 75g glucose



### CONTRACEPTION<sup>3</sup>

Family planning and pregnancy spacing to be discussed

(Diabetes)<sup>5</sup> (2hr post 75g glucose  $\geq 200$ mg)

1. Lifestyle modification
2. Weight management
3. Medication (appropriate for breast feeding woman)
4. Standard of care diabetes management

(Pre-Diabetes)<sup>5</sup> (2hr post 75g glucose 140-199mg)

1. Lifestyle modification<sup>4</sup>
2. Weight management
3. Recheck blood sugar in 6 months (FBS, 2 hr PP)
4. HbA1c or 2 hr post 75g glucose in one year

(Normal)<sup>5</sup> (2hr post 75g glucose  $< 140$ mg)

1. Lifestyle modification<sup>4</sup>
2. Weight management
3. Recheck blood sugar in one year

1. Breast-feeding helps in weight management and in prevention of diabetes in addition to all its other benefits.
2. 2 hour post 75g glucose is ideal. HbA1c can be substituted when GTT is not possible.
3. Breast-feeding does not always protect against unplanned pregnancies. The next Pregnancy must be planned.
4. Healthy eating, physical activity, sleep, stress reduction and behaviour modification.

5.	FBS (mg)	2 hour post 75g Glucose (mg)	HbA1c (%)
Normal	<100	<140	<5.7
Prediabetes	100-125	140-199	5.7 – 6.4
Diabetes	$\geq 126$	$\geq 200$	$\geq 6.5$