

ADVICE FOR AFTER GESTATIONAL DIABETES

For the future you can try and reduce your risk of developing gestational diabetes in future pregnancies and delay, or prevent the onset of Type 2 diabetes in later life.

Your dietitian will have discussed this with you during your pregnancy.

THINGS YOU CAN DO

- ❖ Aim to maintain a healthy weight
- ❖ Eat a balanced diet
- ❖ Exercise regularly

FURTHER INFORMATION, ADVICE AND SUPPORT

If you require individual help, speak to your GP or Practice Nurse, they may refer you to a dietitian.

TO CONTACT A DIETITIAN DIRECTLY

Telephone: 01698 366411

Other resources available:

Go along to your local sports centre and ask about the classes listed below or search on the internet :

North Lanarkshire

(www.nlleisure.co.uk)

- ❖ Post Natal Circuit Training
- ❖ Weigh to Go

South Lanarkshire

(www.slleisureandculture.co.uk)

- ❖ Weigh to Go
- ❖ Fitness Classes
(check on suitability for new mum with sports centre)
- ❖ Aqua Natal

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

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