

## Post-pregnancy Lifestyle (breastfeeding, diet, next pregnancy, etc.)

### Regarding your Post-pregnancy Lifestyle

**From after childbirth until your one-month check-up**, do not overexert yourself and gradually increase the time you are up and about.

**After your one-month check-up**, gradually return to your activity level prior to your pregnancy.

It is possible to ride a bicycle or drive a car. Take your baby outdoors for fresh air and spend your days actively based on your physical condition.

### Breastfeeding can help prevent diabetes

#### Advantages of Breastfeeding

- It is known to reduce the risk of diabetes for females diagnosed with gestational diabetes. (However, the number of effective breastfeeding sessions and duration is still unclear.)
- It helps lower the blood sugar level and reduces the weight of the mother after giving birth.
- It prevents the onset of metabolic syndrome and cardiovascular disease.
- It prevents obesity of babies in the future.

#### What should be done to stimulate lactation?

- **Let your baby nurse actively.**

Frequent breastfeeding and consistent nipple stimulation from the early postpartum period activates a hormone that stimulates lactation.

- **Loosen your shoulder blades through shoulder rotations and stretching.**

- **Endeavour to have frequent physical contact with your baby.**

Physical contact promotes lactation and stimulate happy hormones (Oxytocin).

**However, do not be fixated on breastfeeding.**

**The most important matter is to enjoy raising your child.**



## Endeavour to lead an appropriate lifestyle.

- Although post-pregnancy period is a stage where your lifestyle rhythm changes significantly due to childcare, take your pregnancy and childbirth as an opportunity to reassess your daily habits such as your diet and exercise.

Understand that continuing an appropriate lifestyle reduces the potential onset of diabetes in the future.

- **Be mindful of your weight.**

Especially when weaning the child and starting to introduce baby food be careful of increasing your weight.

### Regarding Post-pregnancy Diet

#### ● While breastfeeding

- Eating split meals is not necessary after giving birth.

If you are still continuing postpartum insulin therapy, it may be necessary to have snacks before and after breastfeeding to avoid hypoglycemia.

Consult with an internal medicine doctor.

- Depending on the breastfed amount (approx. 350kcal · · approx. two rice balls from the convenience store), make it a point to eat a lot.
- Take in plenty of vegetables and fluids, and limit your intake of 7 animal fats.

#### ● After weaning

**Please strive to eat a balanced diet in order to maintain your appropriate weight.** People who are overweight should be careful of too much intake of carbohydrates and animal fats. Please consult with an internal medicine doctor, staff, or a nutritionist for further details.

## Plan your next pregnancy

**It is important to maintain an appropriate weight and stabilize your blood sugar levels before another pregnancy.**



If your blood sugar level is high before the pregnancy, the risk of having a miscarriage, premature birth, or complications with the mother and child is higher. It is important to periodically go for medical examinations even after giving birth, and plan your next pregnancy during that time.

It is advisable to wait about one year after vaginal delivery and about two years after a caesarean section before your next pregnancy. However, also consult with an internal medicine doctor.



Gestational diabetes is your child is alerting you of a future diabetes risk. Take this as an opportunity for both your child and you to stay healthy through periodic medical examinations and adjust your lifestyle habits.