

## What if my baby needs to go to the Special Care/Neonatal Unit?

This may happen if your baby needs closer monitoring or is born prematurely. Parents are encouraged to be with their baby as often as they wish. If your baby can not latch onto your breast to feed, you need to express at least 8 times over 24 hours including during the night. This is to make sure that you produce plenty of milk. The staff caring for your baby will encourage you to have skin to skin contact; this can help with bonding and keeping up your milk supply.

### More information on breastfeeding

Ask your midwife for the leaflet "Off to the best start – important information about feeding your baby".

Ask your midwife or health visitor about practical breastfeeding support available locally such as peer counsellors, baby cafes and breastfeeding groups.

This leaflet should only be used with ongoing advice from your Diabetes/healthcare team. Please do not hesitate to ask any questions.

### National organisations

You can get further information and support from the following:

National breastfeeding helpline 0300 100 0212

[www.nationalbreastfeeding.org.uk](http://www.nationalbreastfeeding.org.uk)

La Leche League 0845 120 2918

[www.laleche.org.uk](http://www.laleche.org.uk)

National childbirth Trust 0300 3300 700

[www.nct.org.uk](http://www.nct.org.uk)

Association of breastfeeding mothers 0300 330 5453

[www.abm.me.uk](http://www.abm.me.uk)

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Leaflets can be viewed and printed from [www.preg.info](http://www.preg.info)

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# Diabetes & Breastfeeding

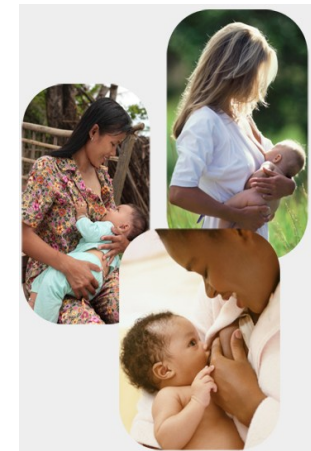


## The value of breastfeeding to you and your baby

- Breastfeeding provides everything your baby needs to grow and develop and helps you and your baby to get closer physically and emotionally.
- Giving your milk to your baby makes a big difference to both you and your baby's health, now and in the future.
- Breastfeeding helps transfer your immunity to germs to your baby to protect from serious infections.
- Exclusive breastfeeding is recommended for the first 6 months of your baby's life.

### You

- Reduces risk of ovarian and breast cancer
- Return to your pre-pregnancy figure faster
- Stronger bones for later life
- Saves money



### Your baby

- Reduces risks of: Diarrhoea and vomiting
- Ear, chest and urine infections
- Allergies e.g. eczema, asthma
- Obesity
- Diabetes & other illnesses in later life
- Being fussy about new foods

### Can I breastfeed?

Having diabetes should not stop you from breastfeeding your baby.

- If you have gestational or type 2 diabetes, normally controlled without insulin when not pregnant, breastfeeding will be the same as for women without diabetes.



### Will my breast-milk be the same as milk from a woman without diabetes?

Yes, your breastmilk is tailor made to your baby

### Additional information for women who use insulin and are breastfeeding

- You will need to significantly lower your insulin doses immediately after the birth of your baby and monitor your blood glucose (sugar) levels frequently to assess what doses you need (injections or pump therapy).
- Continue to monitor your blood sugar levels regularly and seek advice from your diabetes team regarding insulin doses.
- Be aware of the risk of hypos – you will need to eat an extra 40-50g extra carbohydrates (starch) every day.
- Eat regular meals containing carbohydrate (starch) and always have some food nearby to eat before or during a breastfeed.
- Aim to drink 6-8 glasses of water or other decaffeinated fluid each day.
- Carry your blood glucose meter with you at all times and take hypo treatment and a carbohydrate snack.
- Always test your blood glucose before driving.
- You may need a supper snack to cover your baby's night-time feed – ask for advice from your healthcare team.

### Can I breastfeed if I am taking tablets for Type 2 diabetes?

Metformin and Glibenclamide can be used if you are breastfeeding. Other diabetes medication should be avoided. Discuss this, and any other tablets you are asked to take, with your diabetes team or your doctor.

### Tips for getting breastfeeding established

- At 36-37 weeks of pregnancy you can express and store some colostrum (early milk). This can be given to your baby if he/she doesn't breastfeed after birth or if his/her blood glucose level is low and needs some extra milk. For further advice/support ask your midwife.
- Make sure your baby has skin-to-skin contact with you as soon as possible after the birth – this helps to calm your baby, keep them warm and steady their breathing.
- Whilst you are enjoying skin-to-skin contact, start breastfeeding. Your colostrum (early milk) is the best food for your baby and will help your baby's blood glucose (sugar) to stay at a safe level. The midwife caring for you will give you help if you need it.
- Responsive breastfeeding – this is when you can feed your baby in response to early cues (suckling fingers, mouthing or general restlessness) or to comfort him/her if he/she seems lonely or upset, or either of you want a cuddle and spend time together.

