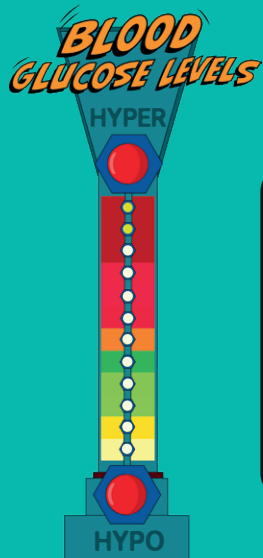
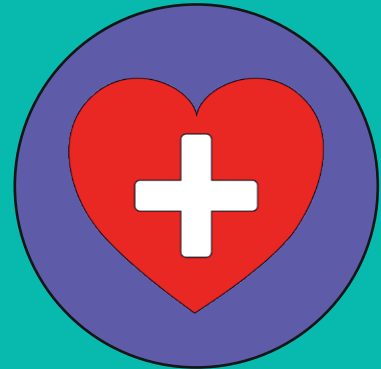


**Sexually Transmitted Infections (or STI's) are not worse for people with diabetes.**

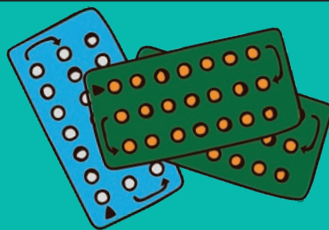
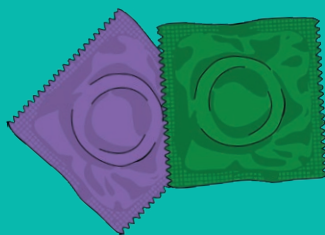
but may cause high glucose levels, as with any infection.



**Doing your best to keep your blood glucose levels in range will help reduce your risk of complications and sexual health issues.**



**Remember to use contraception to avoid unwanted pregnancies.**



**If you are planning to become pregnant or become pregnant by accident**



**Speak to your diabetes team as soon as possible so they are able to refer you to a specialist service.**

**Remember, sex is exercise**

**and you might need to have hypo treatment handy in case you hypo.**

