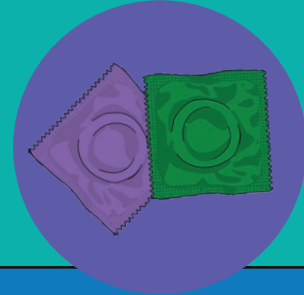


**SOME HELPFUL INFORMATION ABOUT USING CONTRACEPTION WHEN YOU HAVE TYPE 1 DIABETES**

**! SAFE SEX IS ALWAYS IMPORTANT !**

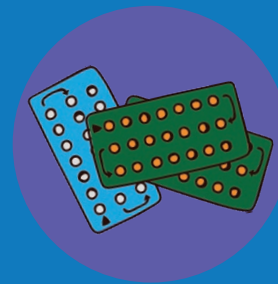
**T1D DOESN'T PREVENT YOU FROM USING ANY METHOD OF CONTRACEPTION**



**SPEAK TO YOUR GP ABOUT USING CONTRACEPTION AND WHAT MIGHT WORK BEST FOR YOU IF YOU ARE THINKING ABOUT HAVING SEX.**

**USING BARRIER CONTRACEPTION, LIKE CONDOMS, WILL KEEP YOU SAFE FROM PREGNANCY AND SEXUALLY TRANSMITTED INFECTIONS (STI'S).**

**SOME WOMEN USE ORAL CONTRACEPTION (THE PILL) TO HELP REGULATE THEIR PERIODS AND GIVE A PREDICTABLE CYCLE**



**THIS IS ALSO POSSIBLE IF YOU THINK IT WILL HELP YOUR DIABETES, EVEN WITHOUT HAVING SEX**

**IF YOU ARE USING THE CONTRACEPTIVE PILL FOR PERIODS YOU MAY NEED TO USE A BARRIER METHOD ALSO TO PROTECT YOU AGAINST STI'S IF YOU ARE NOT IN A LONG TERM RELATIONSHIP.**

