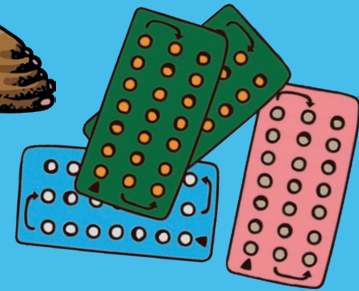


# PERIODS/MENSTRUATING

HERE ARE SOME TOP TIPS FOR MANAGING YOUR DIABETES DURING THAT TIME OF THE MONTH



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

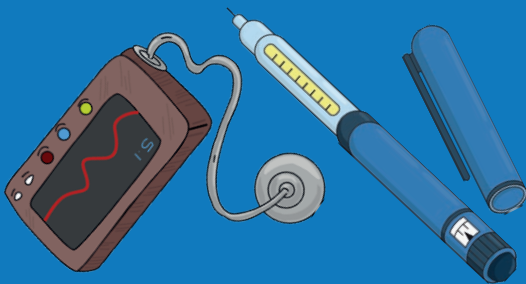


SPEAK TO YOUR GP IF YOU THINK THIS MIGHT HELP



MONITOR TO SEE HOW YOUR PERIOD AFFECTS YOUR BLOOD GLUCOSE LEVELS TO IDENTIFY ANY PATTERNS OF HIGHS

IF YOU DO GO HIGH BEFORE OR DURING YOUR PERIOD AND YOU ARE ON A PUMP, SET A TEMPORARY BASAL RATE TO INCREASE YOUR INSULIN



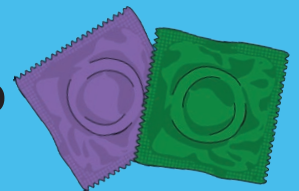
IF YOU ARE ON INJECTIONS YOU MAY NEED TO INCREASE YOUR LONG-ACTING INSULIN BEFORE OR DURING YOUR PERIOD

SPEAK TO YOUR DIABETES TEAM TO DISCUSS HOW MUCH EXTRA INSULIN IS NEEDED

BEING ACTIVE CAN ALSO HELP WITH HIGH BLOOD GLUCOSE LEVELS AS WELL AS MOOD SWINGS AND CRAMPS.



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.