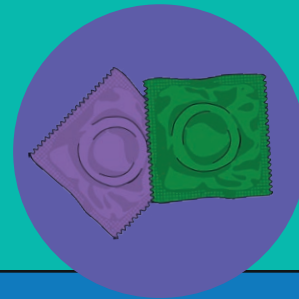


Some helpful information about using contraception when you have Type 1 diabetes

! Safe sex is always important !

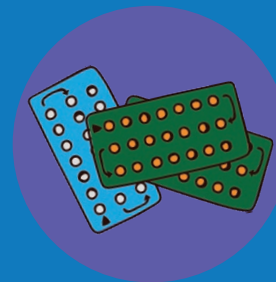
T1D doesn't prevent you from using any method of contraception



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.

