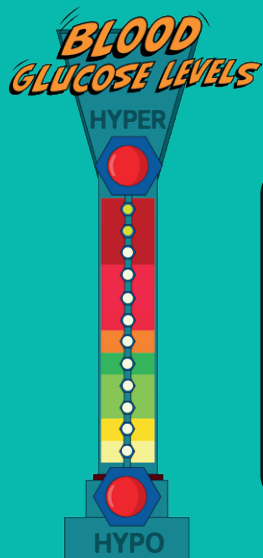
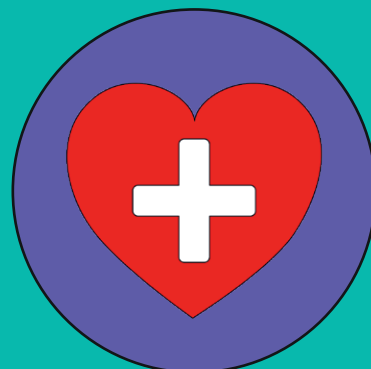


Sexually Transmitted Infections (or STI's) are not worse for people with diabetes.

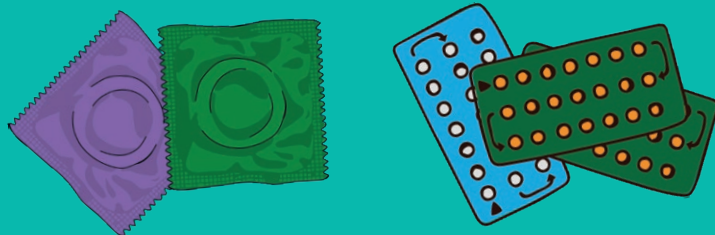
but may cause high glucose levels, as with any infection.



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.

