

Contraception

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

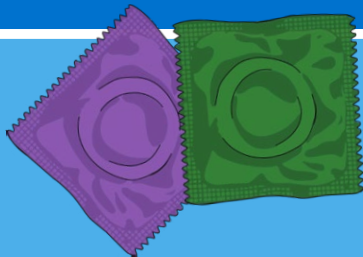
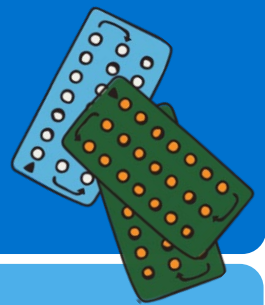
! Safe sex is always important to protect you from unplanned pregnancy and STIs. !

Type 1 diabetes doesn't prevent you from using contraception or emergency contraception.

Speak to your GP about using contraception and what might work best for you if you are thinking about having sex.



Some women use oral contraception (the pill) just to help regulate their periods and give a predictable cycle. Speak to your GP who could advise if this is suitable for you.



If you are using the contraceptive pill, using a barrier method, like condoms, will also help to protect you against STIs.



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More resources can be found in the DigiBete app or on the DigiBete website www.digibete.org



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