

Periods/Menstruating

Here are some top tips for managing your diabetes during that time of the month.



Monitor to see how your period affects your blood glucose levels to identify any patterns of highs.

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.



Being active can also help with high blood glucose levels as well as mood swings and cramps.

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.

Remember to use contraception to avoid unwanted pregnancies.



If you are on injections you may need to increase your long-acting insulin before or during your period.

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.

Speak to your Diabetes Team to discuss how much extra insulin is needed.



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

