

Sexually Transmitted Infections (or STIs) are not worse for people with diabetes but may cause high glucose levels, as with any infection.

High glucose levels can also cause yeast infections, like thrush. If you experience pain or discomfort, speak to your diabetes team about this.



Remember, sex is exercise!
You might need to have hypo treatment handy in case you hypo.



Doing your best to keep your glucose levels in range will help reduce your risk of complications or sexual dysfunction in the future, for all genders.



Remember to use contraception to avoid unwanted pregnancies.



If you are planning to become pregnant or become pregnant unexpectedly speak to your diabetes team as soon as possible so they are able to refer you to a specialist service.



16-18's page

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



19-25's page