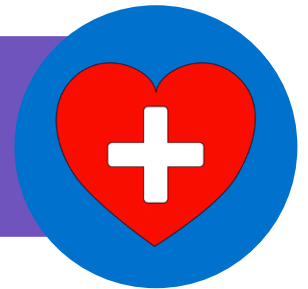


Sexual Health

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.

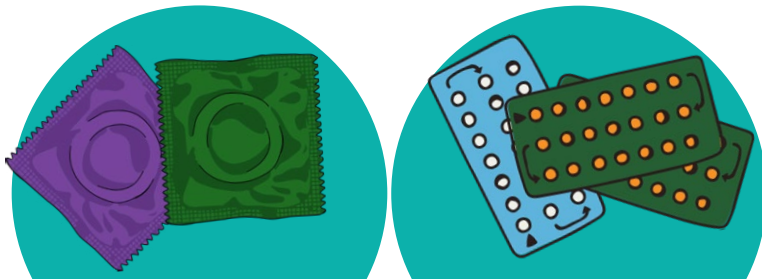


Remember, sex is exercise!

If you are on insulin or other medication which can cause hypos, you might need to have hypo treatments nearby.



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 by accident



Speak to your diabetes team as soon as possible so they are able to refer you to a specialist service.

