

Contraception

Some helpful information about using contraception when you have Type 2 diabetes:

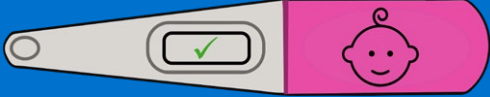
! Safe sex is always important to protect you from unplanned pregnancy and STIs !

Type 2 diabetes doesn't prevent you from using contraception.



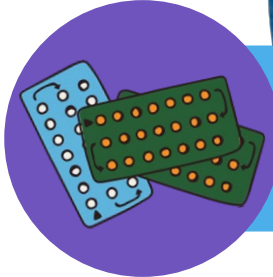
Speak to your GP about using contraception and what might work best for you if you are thinking about having sex.

Some of the medications you are taking for your diabetes may not be safe in pregnancy.



If you are planning a pregnancy please speak to your diabetes team as they can put you on alternative medication. If you are not planning a pregnancy and are sexually active then it is important to be on the right contraception to avoid pregnancy.

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.

