

# 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.**



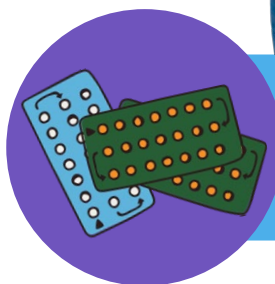
**Speak to your GP about using contraception and what might work best for you if you are thinking about having sex.**

**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.**

