

Sexual health and relationships Type 1 diabetes

Young persons patient advice leaflet

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If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Introduction

We know not everyone feels comfortable to talk about sex, but it is an important topic to talk about, the more informed you are, you are in a better place to keep yourself safe and manage your type 1 diabetes.

It is always important you have given consent to any sexual activity.

It is important if you are in a relationship, that you are open and honest about your diabetes when you feel comfortable.

Remember, sex can be classed as exercise, so it is important your partner knows about potential hypoglycaemic episodes and you keep treatment nearby. If you feel comfortable, they are also welcome to come along to your clinic appointments.

Contraception

Having safe sex can protect you from any Sexually Transmitted Infections (STIs) or Sexually Transmitted Diseases (STDs), as well as pregnancy. It is important to remember, contraception alone will not protect you from STIs or STDs– make sure you always use a condom.

All types of current contraception are suitable for those living with type 1 diabetes, however it is important you speak to a health professional about different types of contraception available to you. There are plenty of local services available and these can often be found via your GP practice.

Most forms of contraception will not affect your blood glucose levels, but it is important you inform your diabetes team of any new/changes in medication.

Notes

Thrush

Thrush is a fungal infection that causes irritation, itching and/or discharge. Individuals living with type 1 diabetes can be at higher risk of developing thrush if you have elevated glucose levels, this is due to higher amounts of glucose being passed in urine which creates an environment for thrush bacteria to grow. Thrush can easily be treated by visiting either your GP or local pharmacy. Thrush can affect both males and females.

Sexual function

Having high glucose levels over long periods of time can cause damage to your nerves and blood vessels, including those that supply your sexual organs. This in turn can cause a restriction to the amount of blood that flows to your sexual organs, which can cause you to then lose some sensation.

Erectile dysfunction is a common sexual problem in males, this can be where you struggle to get or maintain an erection. This can be due to damage to the blood vessels. There can be other lifestyle factors that can cause erectile dysfunction, so it is important you talk to a healthcare provider if you are worried.

Pregnancy

Planning for pregnancy when living with type 1 diabetes is important, as having diabetes can mean there are more risks that could arise that need careful monitoring. If at any point in the future you feel ready to start planning a pregnancy, it is important you speak to your diabetes team for advice and guidance.

References

Scan the QR codes below for more information



Type 1 diabetes and contraception
Diabetes UK



Sex and diabetes | Diabetes UK | Sex,
Relationships and Diabetes



Diabetes and sexual problems - in men
Diabetes UK



Diabetes and sexual problems - in women
Diabetes UK



Pregnancy and diabetes - Diabetes UK



Sefton Sexual Health Service



Liverpool, Knowsley, Cheshire East,
Warrington & Halton Sexual Health Service



Lancashire & West Lancashire Sexual
Health Service