



Sex

AND BEYOND

with diabetes

streetwise

Contraception

Sex and diabetes





Advice

Speak to your GP, family planning clinic, school, parents or Diabetes Specialist Nurse for advice before having sex. All forms of contraception may be suitable for people with diabetes, but abstinence is the only form of contraception that is 100% effective in preventing pregnancy.



Condoms

Condoms are the only form of contraception that can help to protect you from both sexually transmitted infections (STIs) and pregnancy. They are available from pharmacies and family planning clinics. Talk to your diabetes nurse specialist if you need help in accessing condoms.



Contraceptive pill

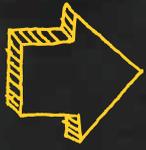
The contraceptive pill may be suitable for some young people with diabetes. Discuss your options with your Diabetes Nurse Specialist or GP. The contraceptive pill is available on prescription from your GP or family planning clinic.

Morning after pill

If you have had unprotected sex and are worried that you may become pregnant and do not want to be, immediately talk to your GP or Family Planning Clinic about the morning after pill and its availability. The morning after pill must be taken no more than 72 hours after having sex.

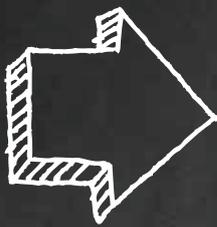
FOR INFORMATION ABOUT OTHER FORMS OF CONTRACEPTION, SEE THE LEAFLETS IN YOUR FAMILY PLANNING CENTRE, GP SURGERY, HOSPITAL OR PHARMACY

Sex: the facts



It is legal in NZ for both women and men to have sex once they are both 16. This is called age of consent. The same law applies to sexual relations between people of the same sex.

Sexually transmitted infections (STIs) are rapidly becoming more common and can cause unpleasant and harmful effects

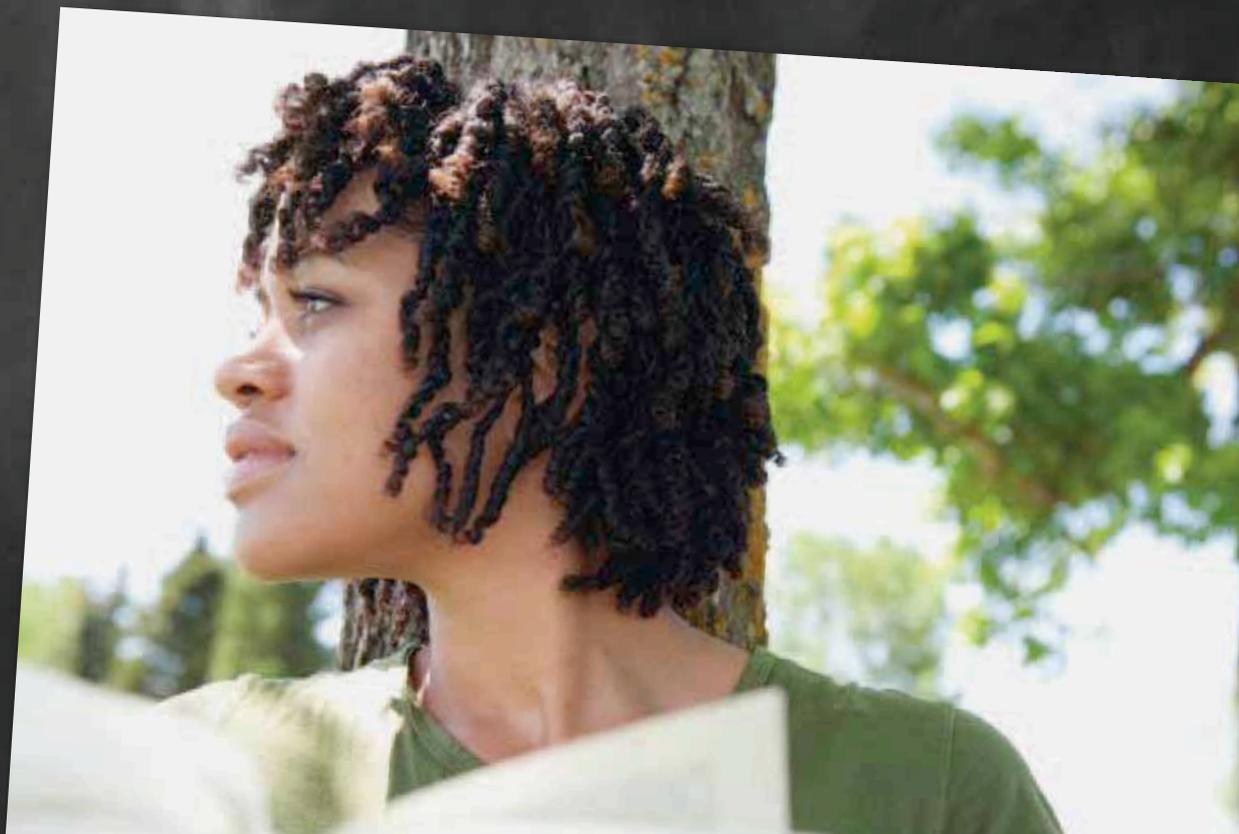


Thrush is not necessarily an STI but can be transmitted through sex and is common in diabetes (glucose in the urine encourages the fungus). You can buy medicated cream and pessaries from your chemist to treat it. Your GP may also prescribe these for you or a tablet treatment

Most people with diabetes can use the same forms of contraception as their non-diabetic friends



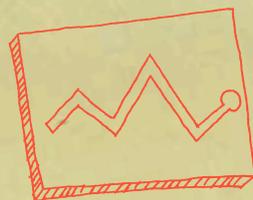
Sex is an activity like exercise, so be prepared: you may require extra carbohydrates before to prevent a hypo



Preparing for a pregnancy

- 01 It is really important to use some form of contraception until you decide you want to become pregnant
- 02 In order to have a successful pregnancy it is essential that you plan ahead
- 03 As soon as you decide you want to become pregnant, it is vital that you talk to your diabetes specialist team as soon as possible. They will discuss with you the importance of good blood glucose control and referral to a midwife.
- 04 It is really important to have good blood glucose control before getting pregnant. Even a slightly raised HbA1c during early pregnancy in women with type 1 diabetes carries an increased risk for birth defects or a stillbirth.
- 05 Women with diabetes who are planning to become pregnant should aim to maintain their HbA1c below 43 mmol/mol (6.1%)
- 06 Once your HbA1c is within recommended target for pregnancy, your diabetes team will prescribe you with folic acid 5mg which you should take daily until 12 weeks of pregnancy
- 07 Working with the diabetes team and midwife and planning ahead can significantly improve the likelihood of a successful pregnancy

WHAT IS MEANT BY GOOD CONTROL FOR PREGNANCY?



IF YOUR DIABETES IS WELL CONTROLLED YOU SHOULD FEEL WELL, GROW WELL, AND BE ABLE TO TAKE PART IN ALL THE SAME THINGS AS OTHER PEOPLE YOUR AGE. WHAT WE MEAN BY GOOD CONTROL IS THAT THE LEVEL OF GLUCOSE IN YOUR BLOOD AND URINE WILL BE SIMILAR TO PEOPLE WITHOUT DIABETES.

Do you think
you are pregnant?

How to find out

You can buy a pregnancy test to use at home from a supermarket or pharmacy or you can ask for a pregnancy test at:

- Your GP practice
- Family planning clinics
- Sexual health clinics
- Pharmacies
- Some specialist diabetes clinics will be able to offer pregnancy testing

If you think you are pregnant you should contact your diabetes team immediately. There is a need for more frequent monitoring of your diabetes during pregnancy to ensure both you and your growing baby remain healthy.



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If you are...



Confide in someone you can trust, e.g., your best friend and parents. You should contact your diabetes clinic or GP as soon as possible, because poor control could harm you and your baby.



Test your blood glucose levels regularly and try to keep them stable.



See your dietitian. As you are still growing, you may need more calcium, protein, folic acid and calories during pregnancy.

IF YOU DON'T WANT TO BE PREGNANT



Seek advice from your GP, Family Planning Clinic, School Nurse, or your Diabetes Specialist Nurse.



If you don't want to talk to someone directly, there are some numbers at the back of this leaflet that may be useful.



Contact Numbers

School Nurse:

Diabetes Specialist or Local Team:

Kidshealth

<http://www.kidshealth.org.nz>

Starship Transition

<https://www.starship.org.nz/patients-parents-and-visitors/youth-transition/diabetes-service>

Youth Law Aotearoa

<http://www.youthlaw.co.nz>

Family Planning

<http://www.familyplanning.org.nz>

A series of leaflets is available that may be helpful for you:

- Annual Review
- Body Piercing & Tattooing
- Emotional Well-being
- Exercise
- Insulin Pumps
- Looking After Type 1 Diabetes
- Sensible Drinking
- Sex and Beyond
- Top Tips for School
- Travelling

Ask your diabetes team for the ones you want.

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