

Sex and relationships

University may see the start of new sexual relationships. It's always a good idea to tell a new partner that you have type 1 diabetes, so they know what to do in case of an emergency and understand that you might need to stop to treat a hypo.

All contraceptive methods are suitable for people with type 1 diabetes. Your GP will be available to discuss these with you and help you find one that will suit you best. You can also visit our website to find out more: jdrf.org.uk/contraception

All infections, including sexually transmitted infections (STIs), are trickier and may take longer to get rid of when you have type 1 diabetes. Free STI testing kits are available at your GP if you think you may have an infection. For more information visit the [NHS website](#).

Sex with an insulin pump shouldn't be a problem. Here are some tips to make it go smoothly:

- It helps to explain to your partner what your insulin pump is so they understand that it is an important part of your routine diabetes care
- You may want to disconnect your insulin pump during sex but don't forget to reconnect afterwards
- If you don't disconnect, you might want to place the pump under a pillow or beside you to prevent tangled tubing or pulling on your infusion site

Remember that sex is a form of exercise! Think about the possibility of hypoglycaemia as you would with any other form of exercise and keep hypo treatments nearby.

If you are thinking about trying for a baby it is really important to plan for pregnancy well in advance of conception to ensure that you have a healthy pregnancy and a healthy baby.

For more information on pregnancy and type 1 diabetes [visit our website and download our pregnancy toolkit](#).

A video about pregnancy planning can be found [here](#).