

Birth Control and Diabetes

Although planning a pregnancy is important whether or not you have diabetes, it is especially important if you have diabetes. Diabetes, if not well managed, can increase the risk of complications for you and your baby. You should talk about pregnancy planning with your doctor and aim for near normal blood glucose levels before you become pregnant. Refer to the “Planning for a Healthy Pregnancy with Diabetes” information booklet for more information about pregnancy planning.

Making sure that you use the right birth control method is all part of pregnancy planning. Keep in mind that you can get pregnant while breastfeeding. It is recommended that you discuss birth control options with your doctor. The Emergency Contraceptive Pill can prevent pregnancy if taken up to five days after unprotected sex or incorrect use of a birth control method. You can get it at your local Public Health Unit (Sexual Health Clinic) or at any pharmacy. You don't need a prescription to obtain the Emergency Contraceptive Pill.

Refer to the following for more information on birth control or resources available in Simcoe Muskoka:

- Women's College Hospital has information on birth control for women with diabetes on their Women's Health Matters web site, available at: www.womenshealthmatters.org/centres/diabetes/reproductive/birth_control.html
- The Society of Obstetricians and Gynaecologists of Canada has a chart comparing different methods of birth control, called “Choosing a Contraceptive that's right for U”, available at: www.sexualityandU.ca.
- The Simcoe Muskoka District Health Unit (SMDHU) provides birth control counselling, annual physical examinations, pap tests, and prescription and sales for birth control for those under the age of 21 years. Sexually Transmitted Infection (STI) counselling and testing is also available for all ages.

For more information contact Health Connection at the SMDHU at 705-721-7520 or 1-877-721-7520, or go online to www.thephakz.ca.