



Sex Dating and Relationships with Type 1

Couple 1 Girl:

So we got undressed and we thought we'd use a bit of lube, as you do and it wasn't until I got tangled up in the tubing for your insulin pump that felt like you've got to take it off so....

Couple 1 Guy:

It's an occupational hazard, sorry!

Couple 2 Girl:

I was embarrassed about it. I didn't feel too confident. I was newly diagnosed as well so I didn't even understand the condition myself and I didn't know how to explain to him what it was.

Couple 3 Girl:

....And like the little, like, blood strips yeah.....Oh my god, like you were just coming to visit me for like two days and I'll be finding them weeks later.

Couple 3 Guy:

Your really good at spotting if my sugars getting low and stuff like that, a lot of the time, before I notice it.

Couple 3 Girl:

I can see it around your eyes when your sugars are starting to go. So, I can always be like, right, lets check your bloods quickly.

Couple 1 Girl:

You've always been quite honest and open about it, I think. You know, you've explained why certain stuff happens like during sex, if you have a hypo, at least, I know it's because you are having a hypo. It's not because I have done something wrong or it's probably not that I've done something wrong.

Couple 3 Girl:

Always, like, having the box of needles like next to the bed for your like little needle caps in your big sharps box.And I'm always like can we like crochet something just to make it a bit prettier in the room.

Couple 1 Guy:

It's the sort of thing that it certainly helps me with my diabetes to know that I can talk to you about it and I think that any relationship where you talk about the things that are going on in your lives, makes that relationship stronger.

Couple 3 Guy:

....And also I get grumpy as well which I didn't realise that either before we were in the relationship either. I've noticed if my sugar gets to a certain point, I get really grumpy but I had no idea about that until...



Couple 3 Girl:

The diabetic version of being “hangry”.

Couple 3 Guy:

Yeah. Definitely. Thank you. Diabetes isn’t really a big deal for us at all.

Couple 3 Girl:

It is still part of our daily lives for sure

Couple 3 Guy:

Yeah but it kind of like fades into just there in the background.

Couple 3 Girl:

That’s routine.

Couple 3 Guy:

Yeah definitely routine.

Couple 1 Guy:

Having Type 1 diabetes is something that weighs on your mind a lot and it is really helpful having someone that you can talk to openly and honestly about it.

