

diabetes and alcohol

Drinking
Alcohol
with
Diabetes

1

TALK WITH YOUR DOCTOR

Make sure you get your medical team's recommendations on whether drinking alcohol is safe for you.

2

GLUCAGON WILL NOT HELP TREAT ALCOHOL-INDUCED HYPOGLYCEMIA

After 1 or 2 drinks, the first function of your liver is to clean the alcohol from your blood, not to produce and to remove glucose. Glucagon is not going to work until your liver is finished with the process.

5

EDUCATE YOUR FELLOW DRINKERS

Your drinking buddies should have a basic knowledge of type 1 diabetes. They should know that you have diabetes and what to do in an emergency. Especially because hypoglycemia can look like drunkenness.

7

BE PREPARED

Bring your glucose meter. Bring glucose tablets or gels. Make sure your drinking buddies know what to do if you go low. Have a plan to get home.

3

Carry ID (medical alert bracelet, wallet card, etc.) that says you have diabetes.

4

KNOW YOUR DRINKS

- Know the level of alcohol in beer and wine
- Know the proof level of distilled beverages
- Know the carbohydrates of mixers like soda, juice, etc.

6

EAT A SNACK

Never drink on an empty stomach. Once you start drinking, your liver will stop producing glucose and you'll need it from food to prevent hypoglycemia.

8

TEST YOUR BLOOD (you know why, just do it)

9

EXERCISE AND ALCOHOL DO NOT MIX

Both exercise and drinking alcohol lower blood sugar levels. (Tip: Dancing counts as exercise!)

AFTER THE PARTY

10

Remember that alcohol can lower your blood sugar hours after you've consumed it. Before you go to bed, check your blood sugar and eat a snack to be safe. If you drink a lot, consider setting the alarm to wake you up to test your blood sugar in the middle of the night.