

DRINKING WITH DIABETES



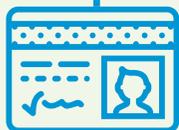
Talk to Your Doctor

Be sure to get your medical team's recommendations about whether drinking alcohol is safe for you. Even if you are under 21. They aren't there to judge you (or tell your parents).



Glucagon Will Not Help Treat Alcohol-induced Hypoglycemia

After a few drinks, your liver's primary function is cleaning the alcohol from your blood, not producing and releasing glucose. Glucagon will not work until your liver has finished this process.



Carry Identification That Says You Have Diabetes

This can be a medical alert bracelet, necklace, or a wallet card.



Know Your Drinks

- ▶ Know the carbohydrates in juices, sodas, and mixers.
- ▶ Know the alcohol proof of beer, wine, and distilled spirits.



Educate Your Drinking Buddies

Your drinking buddies should know you have diabetes and what to do in an emergency. Remember, a low looks a lot like being drunk and if nobody around knows that you have T1D, they may assume you are passed out from being wasted.



Eat a Snack

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



Be Prepared

- ▶ Bring your blood sugar testing kit.
- ▶ Bring glucose tablets or gels.
- ▶ Make sure your drinking buddies know what to do if you go low.
- ▶ Have a plan to get home.



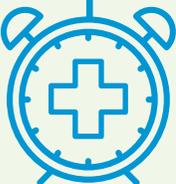
Check Your Blood Sugar

You know why. Just do it



Exercise & Alcohol

Both exercise and drinking lower blood sugar levels. Pro tip: Dancing counts as exercise so check your blood sugar often!



After the Party

Remember—alcohol can lower your blood sugar hours after you've consumed it. Before you go to bed, check your blood sugar, have a snack, and/or consider setting a temporary basal rate on your pump. If you drank a lot, consider setting an alarm to help wake you up so you will test your blood sugar in the middle of the night.