

## Alcohol and Diabetes

If you drink alcohol it is important to know the effect it can have on your blood glucose for your own safety.



When you drink alcohol the liver has to work to remove alcohol from the blood rather than doing its main job of releasing glucose into the blood to help with regulating your blood glucose levels. As the liver is kept busy processing the alcohol and it is not releasing as much glucose into the blood as it usually would, therefore, your risk of having a hypo increases.

Discuss Alcohol with your Diabetes Team so they can advise you appropriately.

**DRINKING ALCOHOL INCREASES THE CHANCES OF YOU HAVING A HYPO DURING THAT NIGHT AND THROUGHOUT THE NEXT DAY.**

## Top Tips

1

**DRINK IN MODERATION**

3



**HAVE ID STATING THAT YOU HAVE DIABETES, SUCH AS A CARD IN YOUR WALLET OR A MEDIC ALERT BRACELET.**

4

**HAVE A CARBOHYDRATE SNACK BEFORE GOING TO BED**, test your blood glucose before going to sleep and be sure to remember your long acting insulin if you take it at night.



2

**IF YOU ARE DRUNK YOU MAY NOT NOTICE THE SYMPTOMS OF A HYPO SO IT IS IMPORTANT THAT YOU:**

- do some extra blood glucose checks
- don't drink on an empty stomach
- carry carbohydrate (glucose tablets)
- chat to your friends about symptoms of hypos and how you deal with them.

5



**INCREASED PHYSICAL ACTIVITY SUCH AS DANCING OR PLAYING SPORT WILL FURTHER INCREASE YOUR CHANCE OF A HYPO.**

6



**THE RISK OF A HYPO CONTINUES THE NEXT DAY AFTER ALCOHOL SO YOU MIGHT NEED TO ADJUST YOUR QUICK ACTING INSULIN.** Set your alarm to ensure you wake up the next morning to have breakfast.



**GLUCAGON INJECTION WILL NOT WORK TO TREAT A HYPO IF THERE IS A LOT OF ALCOHOL IN THE BLOODSTREAM.**



CAUTION CAUTION CAUTION CAUTION