

Children's Specialists

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Diabetes & Alcohol

Talk to your Doctor:

- Be sure to get your medical team's recommendations about whether drinking alcohol is safe for you.

Glucagon WILL NOT help treat alcohol-induced hypoglycemia:

- After 1 or 2 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 is finished the process.

Carry Identification:

- Medical alert bracelet, wallet card etc. that says you have diabetes.

Know your drinks:

- Know the alcohol level of beer and wines.
- Know the proof of distilled spirits.
- Know the carbohydrates, juices, sodas and mixers.

Educate your drinking buddies:

- Your drinking buddies should have a working understanding of Type 1 diabetes. They should know you have diabetes and what to do in an emergency. Especially because intoxication can look like hypoglycemia.

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.

Be prepared:

- Bring your blood 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.

Test your blood glucose:

- You know why, just do it!

Exercise and alcohol DON'T mix:

- Both exercise and drinking lower blood sugar levels. (Pro tip: Dancing counts as exercise)

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 and have a snack to be safe. If you drank a lot, consider setting an alarm to wake you up to test your blood in the middle of the night.