

- 1** BE SURE TO GET YOUR MEDICAL TEAM'S RECOMMENDATIONS ABOUT WHETHER DRINKING ALCOHOL IS SAFE FOR YOU.
TALK TO YOUR DR

CARRY IDENTIFICATION (MEDICAL ALERT BRACELET, WALLET CARD, ETC.) THAT SAYS YOU HAVE DIABETES.

3

GLUCAGON WILL NOT HELP TREAT ALCOHOL-INDUCED HYPOGLYCEMIA.

2

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 THIS PROCESS.

4: KNOW YOUR DRINKS



- KNOW THE ALCOHOL LEVEL OF BEER AND WINES
- KNOW THE PROOF OF DISTILLED SPIRITS
- KNOW THE CARBOHYDRATES, JUICES, SODAS AND MIXERS

- 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.

SEVEN: BE PREPARED

5 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



VI 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)

IX EXERCISE & ALCOHOL DON'T MIX

BOTH EXERCISE AND DRINKING LOWER BLOOD SUGAR LEVELS. (PRO TIP: DANCING COUNTS AS EXERCISE!)

TEN: 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.