

# ALCOHOL TIPS FOR TYPE 1 DIABETES

✓ = DO

✗ = DON'T DO

## THE DAY OF PARTY:

- ✓ Eat your regular meals/snacks
- ✓ Monitor blood sugar as normal
- ✓ Take insulin as normal unless your doctor tells you otherwise
- ✗ Skip meals/snacks

## 1-2 HOURS BEFORE:

- ✓ Wear/carry a diabetes Medical ID
- ✓ Make sure friends know how to treat a low
- ✓ Pack fast-acting sugar for low blood sugars
- ✓ Eat a snack with a combination of carb & protein: PB&J, cheese & crackers, fruit and jerky

## DURING THE PARTY:

- ✓ Monitor blood sugar every hour if possible
- ✓ Eat carbs such as crackers, chips, or fruit especially if you're dancing
- ✓ Mix liquor with diet pop, water, or sugar-free juice
- ✗ In general, if having more than 1-2 drinks, do not count the carbs from alcohol

## AFTER THE PARTY:

- ✓ Check blood sugar before bed and 3-4 hours after (set an alarm).
- ✓ Eat a high protein, high fat snack at bedtime
- ✓ Monitor blood sugar often the following day
- ✗ DO NOT correct a high blood sugar at bedtime; your risk of having a low blood sugar during the night is high

### It may be ok to drink alcohol if you can answer YES to the following:

- My blood sugar is in good control
- I have people with me that know I have diabetes and can help me if I'm low
- I know how to prevent and treat a low while drinking
- I spoke with my doctor or diabetes educator about drinking alcohol and how to adjust my insulin doses