

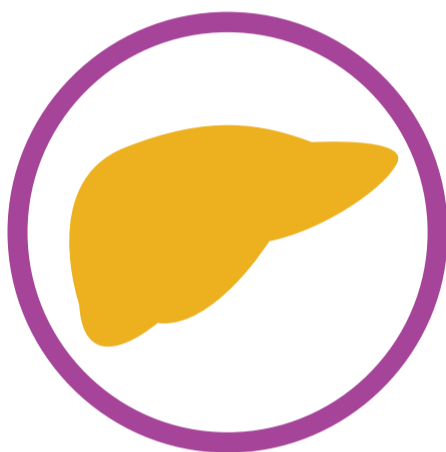
Stay Safe with Alcohol

If you are a person with diabetes and choose to drink alcohol, do so with moderation, and follow a few precautions to keep your risk of hypoglycemia (low blood glucose) at a minimum.

What Happens to Blood Glucose When You Drink



Your liver starts cleaning the alcohol from your blood, decreasing its role in releasing glucose.



Because of the decrease in glucose, your risk of hypoglycemia increases—all the more so if you drink on an empty stomach or shortly after you've taken insulin or oral medications that lower glucose.



2 hrs

On average, it takes about two hours for your body to clear the alcohol from your system. Therefore the risk continues for hours after you've finished your drink.

Tips to Remember:

Never drink on an empty stomach. Eat something before or at the same time as you drink alcohol to slow the absorption of alcohol into your bloodstream.

Limit your drinking. Men should have no more than two drinks per day, and women no more than one drink per day. (A drink is equivalent to 12 ozs. of beer, 5 ozs. of wine, or 1½ ozs. of liquor.)

Let people you are with know that you have diabetes and what to do if you experience hypoglycemia. It's also a good idea to have some identification on you letting people know that you have diabetes, such as a medical ID card, bracelet, or necklace.

Be ready for a hypoglycemic episode. Have your blood-sugar testing supplies nearby to monitor your blood glucose levels, and carry a high-carb snack with you. Remember, glucagon does not treat alcohol-induced hypoglycemia.