

Alcohol and Diabetes

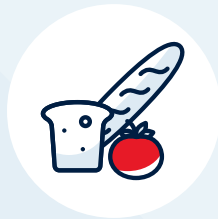
Drinking alcohol can affect blood glucose. The liver is busy metabolizing alcohol and therefore cannot convert glycogen (stored form of glucose) into glucose or secrete it into the bloodstream. The most concerning part about drinking for people with diabetes is risk for hypoglycemia (low blood glucose). A hypoglycemic event can happen up to 12 hours after drinking.

Discuss alcohol and diabetes with your diabetes team. It is important to have a safety plan in place before drinking. Every person responds differently to hard liquor, mixed drinks, wine or beer.

Suggestions to drink responsibly



Educate your friends on diabetes and drinking (e.g., how to treat hypoglycemia with carbohydrates; how and when to use glucagon).



Eat before drinking.



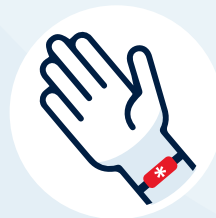
Monitor your blood glucose frequently.



Have a roommate or friend check on you periodically after drinking.



Know how much alcohol is in your drink.



Wear your medical ID.



Avoid binge drinking.

Note

Glucagon may **NOT** raise blood glucose after drinking alcohol.

Tips

Impaired cognition and coordination due to low blood glucose can be confused with being drunk.

Exercising while drinking can further increase your risk for hypoglycemia. Dancing and sexual activity counts as exercise.

Diabetes Line
832-822-3670



YADP
Young Adult Diabetes Program



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