

# Alcohol

Eat a meal with starchy carbs, like pasta, before you drink.



Make sure your friends can recognise a hypo.



A hypo can sometimes look like you're drunk.

Take hypo treatments



and glucose checking equipment out with you.



Exercise, pub crawls, hot clubs and dancing may make you more likely to go low when drinking.



**Eat some carbs without giving insulin before bed, if glucose is low or in target, as you could go low overnight.**



**If you are on a pump, you could try using a temporary basal reduction or increase your target overnight, to help avoid going low.**



**Be aware of Drink Spiking**  
Some suggestions to stay safe are:



**Don't accept drinks from strangers.**

**Always buy your own drink and watch it being poured.**

**Throw away your drink if you think it tastes funny.**

**Don't drink or taste anyone else's drink.**

**Never leave your drink unattended while you dance or go to the toilet.**



16-18's page

More resources can be found in the DigiBete app or on the DigiBete website [www.digibete.org](http://www.digibete.org)



19-25's page

**Always discuss any concerns with a healthcare professional.**