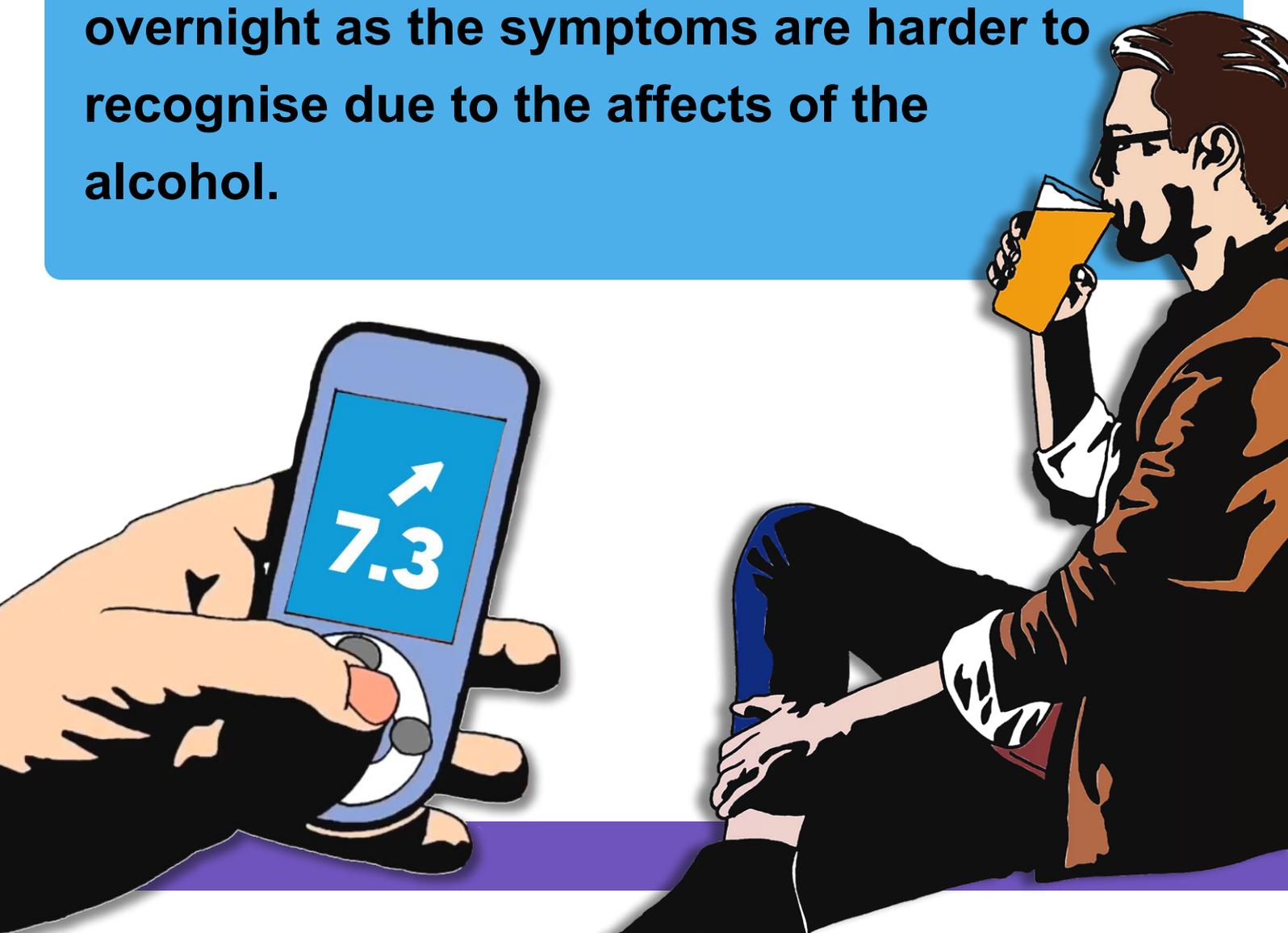


Drinking Alcohol

When you are drinking, it is important to check your blood glucose levels regularly so you can see how different types of alcohol are affecting you and you can make changes accordingly. There is an increased risk of hypos overnight as the symptoms are harder to recognise due to the affects of the alcohol.



Mixing drinks isn't always a great idea, neither is mixing the types of alcohol from groups 1 and 2 on the same night.

Group 1 Drinks



Dry or sparkling wine and spirits

Group 2 Drinks



Lager

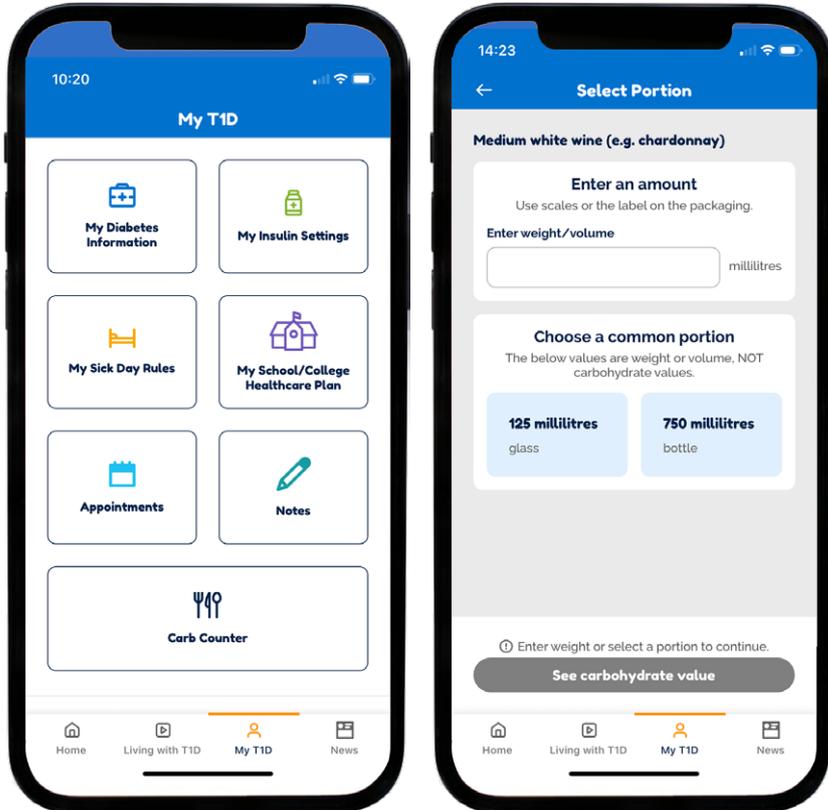
Beer

Cider

Alcopops

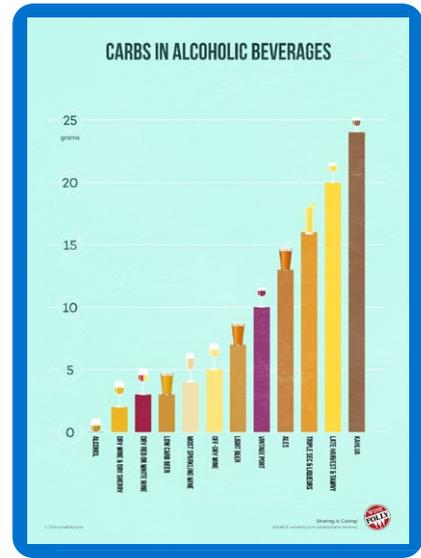
Alcoholic drinks don't list their carbohydrate content on labels so use a carb counter to find out more.

You can find the DigiBete Carb Counter in the MyT1D section of your app to help with carb counting.



Another useful guide to carbohydrates in drinks is from

[wine folly.](https://www.winefolly.com)



DrinkAware

Try not to bolus insulin for the carbohydrate in alcohol unless you're drinking a very high carb drink.



16-18's page

More resources can be found in the DigiBete app or on the DigiBete website www.digibete.org



19-25's page

