

Alcohol and Diabetes

Can you drink alcohol when you have diabetes?

- Discuss it with your doctor .
- Moderate amounts of alcohol ingested with food have minimal, if any effect, on blood glucose.
- Individuals using insulin or certain diabetes pills (Glyburide, Glipizide, and Glimepiride) should consume food with alcohol to avoid hypoglycemia. Be aware that the hypoglycemia could happen in the middle of the night or the next morning.
- Have friends and family know the signs of hypoglycemia and how to treat, as intoxication and low blood sugar can appear similar (slurred speech, balance problems, behavioral changes).

You should NOT drink if:

- You have neuropathy or retinopathy
- You have had problems with alcohol abuse in the past
- You are on medications that interact with alcohol
- You are pregnant or breastfeeding
- You are planning to drive
- When blood sugars have been out of control



Moderate alcohol consumption: On average, no more than 1 drink per day for women and no more than 2 drinks per day for men.

One drink is defined as: 1.5 oz distilled spirits such as vodka, bourbon, gin or scotch 4-5 oz dry wine or 12 oz beer

- **BOTTOM LINE: if you don't drink now, don't start!**
- If you do, do it sensibly.