Got diabetes? Choosing to drink alcohol? Read on...

- Always drink on a full stomach or eat while drinking.
- Check, check, and then check some more - before, during, and after you drink.
- Try dosing insulin for fewer carbohydrates than you consume. This may give you a safety net so your blood sugar doesn’t drop too low.
- Eat a big snack with plenty of protein and some fat before heading to bed.
- Wear your medical ID. Really.
- If you are exercising (dancing, etc), try a basal decrease if you wear a pump or eat extra carbohydrates. Exercise and alcohol can be a recipe for a low blood sugar disaster.
- Consider alternating non-alcoholic drinks.