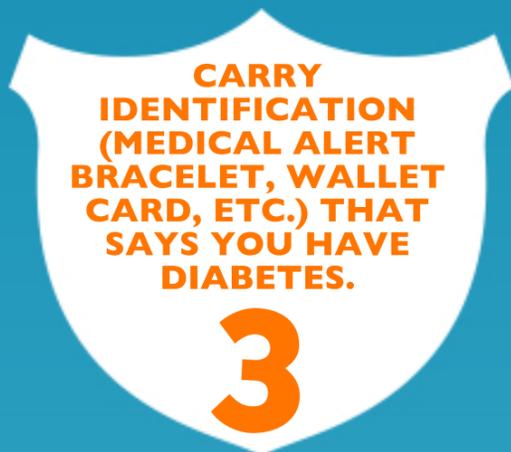


- 1** BE SURE TO GET YOUR MEDICAL TEAM'S RECOMMENDATIONS ABOUT WHETHER DRINKING ALCOHOL IS SAFE FOR YOU.
TALK TO YOUR DR



GLUCAGON WILL NOT HELP TREAT ALCOHOL-INDUCED HYPOGLYCEMIA.

2

AFTER 1 OR 2 DRINKS, YOUR LIVER'S PRIMARY FUNCTION IS CLEANING THE ALCOHOL FROM YOUR BLOOD, NOT PRODUCING AND RELEASING GLUCOSE. GLUCAGON WILL NOT WORK UNTIL YOUR LIVER IS FINISHED THIS PROCESS.

4: KNOW YOUR DRINKS



- KNOW THE ALCOHOL LEVEL OF BEER AND WINES
- KNOW THE PROOF OF DISTILLED SPIRITS
- KNOW THE CARBOHYDRATES, JUICES, SODAS AND MIXERS

5 EDUCATE YOUR DRINKING BUDDIES

YOUR DRINKING BUDDIES SHOULD HAVE A WORKING UNDERSTANDING OF TYPE I DIABETES. THEY SHOULD KNOW YOU HAVE DIABETES AND WHAT TO DO IN AN EMERGENCY. ESPECIALLY BECAUSE INTOXICATION CAN LOOK LIKE HYPOGLYCEMIA



VI. EAT A SNACK

NEVER DRINK ON AN EMPTY STOMACH. ONCE YOU START DRINKING, YOUR LIVER WILL STOP PRODUCING GLUCOSE AND YOU'LL NEED IT FROM FOOD TO PREVENT HYPOGLYCEMIA.

8 TEST YOUR BLOOD

(YOU KNOW WHY, JUST DO IT)

IX EXERCISE & ALCOHOL DON'T MIX

BOTH EXERCISE AND DRINKING LOWER BLOOD SUGAR LEVELS. (PRO TIP: DANCING COUNTS AS EXERCISE!)

BRING YOUR BLOOD TESTING KIT.

BRING GLUCOSE TABLETS OR GELS.

MAKE SURE YOUR DRINKING BUDDIES KNOW WHAT TO DO IF YOU GO LOW.

HAVE A PLAN TO GET HOME.

SEVEN: BE PREPARED

TEN: AFTER THE PARTY

REMEMBER ALCOHOL CAN LOWER YOUR BLOOD SUGAR HOURS AFTER YOU'VE CONSUMED IT. BEFORE YOU GO TO BED, CHECK YOUR BLOOD SUGAR AND HAVE A SNACK TO BE SAFE. IF YOU DRANK A LOT, CONSIDER SETTING AN ALARM TO WAKE YOU UP TO TEST YOUR BLOOD IN THE MIDDLE OF THE NIGHT.