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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Alcohol and Diabetes

Department of Nutrition and Dietetics



Patient:

Date:

Dietitian:

Contact Details:

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Useful websites

<https://www.nhs.uk/healthier-families/>

<https://www.bda.uk.com/foodfacts/Alcohol/>

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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General Guidelines

- **Never** drink and drive.
- It is always best to drink with meals and **not** on an empty stomach.
- Do not substitute alcoholic drinks for your usual meals or snacks. **Do not** count the carbohydrate from alcohol when carbohydrate counting.
- Sweet drinks such as sweet Sherries, sweet wines, alcopops, and most liqueurs should be avoided.
- Mixer drinks such as tonic water and cordials should be diet, sugar free or low sugar products.
- If you are drinking beers or lagers, choose the ordinary varieties. The low sugar versions are higher in alcohol and some low alcohol ones can be high in sugar.
- Always wear some form of **diabetes identification** e.g. your Diabetes UK ID card, as a hypo may be confused with drunkenness particularly if you have alcohol on your breath.

Alcohol and Diabetes

Can I drink alcohol?

As a general rule there is no need to give up alcohol just because you have diabetes; the same guidelines apply to everyone.

What effect does alcohol have on my blood glucose?

Many alcoholic drinks contain some carbohydrate, usually in the form of sugar.

Alcohol will initially raise blood glucose levels but then they will drop; this can lead to hypoglycaemia. You may not recognise and respond to early signs of hypoglycaemia as it can be mistaken for intoxication.

To minimise this risk, it is important that you:

- Do **not** drink on an empty stomach.
- Do **not** substitute alcohol for a meal.
- **Do** have a carbohydrate containing snack shortly after / during drinking e.g., toast, sandwich, high fibre cereal or a packet of crisps.

Hypoglycaemia may develop several hours after drinking alcohol so you may need an extra carbohydrate snack at bedtime.

Remember, if in doubt check blood glucose levels.

How much can I drink?

How, what and when you drink will be influenced by your health and lifestyle. The recommended safe levels of alcohol intake for men and women are:

- No more than 2 units / day with a maximum of 14 units a week.
- Everybody should have two or three alcohol free days a week.
- There is no safe level of alcohol to drink during pregnancy.

Be aware that home measures of alcohol may be larger than a pub measure.

If you are watching your weight, then limiting your alcohol intake is sensible as it is high in calories.

What can I drink?

- **Lager and Beer** (1 pint of normal strength = 2 units)
Choose the normal strength beer or lager. The low sugar ones are higher in alcohol and some low alcohol ones can be high in sugar.
- **Wines** (175mls glass of wine = 2 units)
Choose either dry or medium versions of wine or sherry.
- **Soft Drinks**
Choose diet or low-calorie drinks. Do not drink too much fruit juice as this may cause your blood glucose levels to rise. If you are out for the evening, it is wise to alternate alcoholic with non-alcoholic drinks.

Diabetes Tablets and Alcohol

If you are taking tablets to control your diabetes, alcohol may cause flushing of the face.