



Sensible
drinking
with diabetes

streetwise

Sensible drinking

- Alcohol can be addictive
- The Ministry of Health guidelines for sensible drinking in adults are: no more than 2 standard drinks a day and no more than 10 standard drinks a week for women and no more than 3 standard drinks a day and no more than 15 standard drinks a week for men; and at least 2 alcohol free days a week
- There are no safe recommended drinking limits for young people under 18
- Alternate between non-alcoholic and alcoholic drinks
- Tell your friends that you have diabetes, plus what to do should something happen to you
- It is not sensible to drink all the recommended weekly standard drinks of alcohol in one day
- Make sure you eat some foods containing longer acting carbohydrates before and after drinking, i.e., bread, curry and rice
- You don't have to drink to have fun
- Don't inject insulin when drinking alcohol (even with sugary drinks) unless you have spoken with your diabetes specialist or local healthcare team
- Wear medical alert ID – a hypo and being drunk can be confused by other people

(ONE STANDARD DRINK = A GLASS OF WINE, OR ONE 30ML MEASURE OF SPIRITS OR ONE 330ML CAN OF 4% ALCOHOL BEER)

1 STANDARD DRINK



A 100ML GLASS OF (12.5%) WINE

1 STANDARD DRINK



A 30ML SHOT OF (42%) SPIRIT

1.6 STANDARD DRINKS



A 330ML CAN OR BOTTLE OF (6%) RTD*

*Ready to drink

1.3 STANDARD DRINKS



A 330ML GLASS/ BOTTLE OR CAN OF (5%) BEER OR CIDER



The effects of alcohol

- Alcohol could lower your blood glucose some hours after it is drunk, potentially reducing the blood glucose during the night or the next morning
- It is important that you check your blood glucose before, during and after drinking alcohol. This will help you learn how different drinks may affect you
- RTDs are very high in alcohol and sugar. Discuss with your diabetes team how you might manage this
- Your judgment is affected when you drink so you may not realise when you are going hypo
- If you go hypo due to alcohol, your body's ability to help itself is severely reduced

Do not drink and drive. Also, remember that you could still be affected the next day

It's illegal to buy alcohol if you are under 18 years old

Eat before and after drinking alcohol

Never drink alcohol on an empty stomach as it will affect you more quickly

Wear ID – Symptoms of a hypo can sometimes be mistaken for being drunk



Contact Numbers

School Nurse:

Diabetes Specialist or Local Team:

Kidshealth

<http://www.kidshealth.org.nz>

Starship Transition

<https://www.starship.org.nz/patients-parents-and-visitors/youth-transition/diabetes-service>

Youth Law Aotearoa

<http://www.youthlaw.co.nz>

Information on drugs and alcohol

<http://www.cads.org.nz>

Information about the adolescent brain (Brainwave Trust)

<http://www.brainwave.org.nz/category/all-articles/adolescence/>

A series of leaflets is available that may be helpful for you:

- Annual Review
- Body Piercing & Tattooing
- Emotional Well-being
- Exercise
- Insulin Pumps
- Looking After Type 1 Diabetes
- Sensible Drinking
- Sex and Beyond
- Top Tips for School
- Travelling

Ask your diabetes team for the ones you want.

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