

TOP TIPS FOR ALCOHOL AND TYPE 1 DIABETES



Know your number — count alcohol units and carbs in your mix



Reduce insulin overnight if drinking 8+ units



Avoid full insulin doses after drinking especially if you're hungry



Use Activity Mode if on a hybrid closed loop system



Start low, go slow — build experience over time



Don't rely on glucagon — wear ID and tell your friends



Glucose tabs, meter, and hydration — always with you



Be ready the next morning — reduce breakfast insulin if needed



Stay in range, not in danger — 7-10 mmol/L (126-180 mg/dL) is your friend