

ALCOHOL

EAT A MEAL WITH STARCHY CARBS, LIKE PASTA, BEFORE YOU DRINK



MAKE SURE YOUR FRIENDS CAN RECOGNISE A HYPO

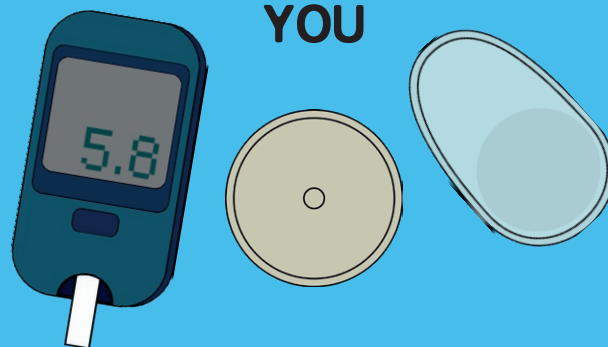


A HYPO CAN SOMETIMES LOOK LIKE YOU'RE DRUNK

TAKE HYPO TREATMENTS

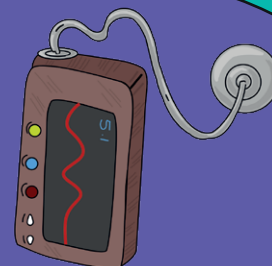
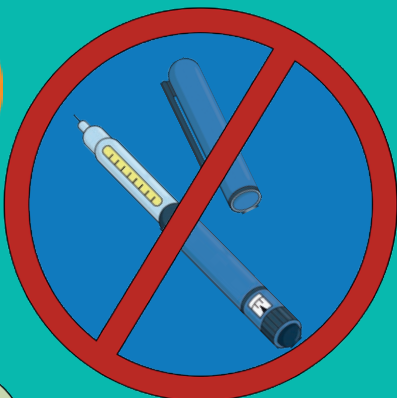


AND GLUCOSE CHECKING EQUIPMENT OUT WITH YOU



EXERCISE, PUB CRAWLS, HOT CLUBS AND DANCING MAY MAKE YOU MORE LIKELY TO GO LOW WHEN DRINKING

EAT SOME CARBS WITHOUT GIVING INSULIN BEFORE BED, IF GLUCOSE IS LOW OR IN TARGET, AS YOU COULD GO LOW OVERNIGHT.



IF YOU ARE ON A PUMP, YOU COULD TRY USING A TEMPORARY BASAL REDUCTION OR INCREASE YOUR TARGET OVERNIGHT, TO HELP AVOID GOING LOW



BE AWARE OF DRINK SPIKING
SOME SUGGESTIONS TO STAY SAFE ARE

DON'T ACCEPT DRINKS FROM STRANGERS

ALWAYS BUY YOUR OWN DRINK AND WATCH IT BEING POURED

THROW AWAY YOUR DRINK IF YOU THINK IT TASTES FUNNY

DON'T DRINK OR TASTE ANYONE ELSE'S DRINK

NEVER LEAVE YOUR DRINK UNATTENDED WHILE YOU DANCE OR GO TO THE TOILET

