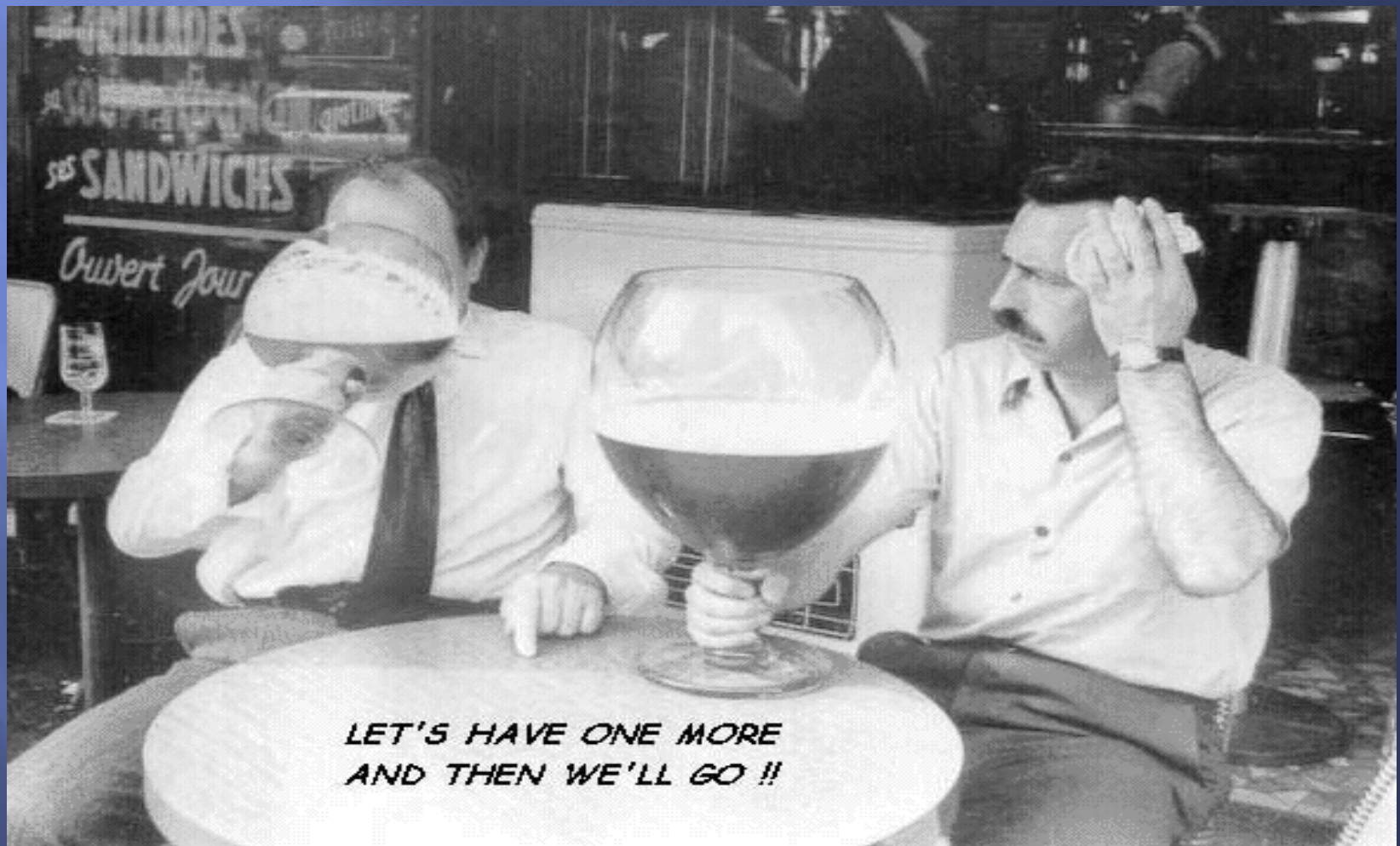


Alcohol - Considerations



Alcohol - Some Considerations

- ▣ Alcoholic drinks may contain carbohydrate - which can effect a rise in BGL
- ▣ However, the alcoholic component itself can lower BGL - even the middle of the next day
- ▣ Associated food intake – accurately calculated?
- ▣ Extra activity – late night/dancing: can lower the BGL
- ▣ Important to look for patterns



Carbohydrate Values of Alcoholic Drinks

▣ Dry white or Red Wine	Trace
▣ Sweet Wine	4.5g per 125ml glass
▣ Beer	13g per pint
▣ Dry Cider	15g per pint
▣ Spirits	nil
▣ Fortified Wine: Port	6g
(50ml glass) Sherry	0.5-3.5g
▣ Liqueurs	6-8g per 25ml glass
▣ Alco-Pops	18-32g per 275ml

Alcohol - tips!

- ▣ Don't routinely give a normal insulin dose for alcohol, unless you know the real effect.
- ▣ Try $\frac{1}{2}$ dose calculated according to ratio for carbohydrate component of drink and, perhaps less insulin with breakfast.

