



Patient Experience - Alcohol

“I would never go out for a drink now without my meter. A while ago, when I was much younger, a few of us went out in the afternoon to watch some big football match. I was on the bus and realised I didn’t have my meter, but I had my insulin pen.

My pals were all drinking Magners cider to start and I didn’t want to be different, so I had one too. Then I went onto lager as I knew it didn’t have much sugar in it. By teatime, we were starving and had some chips, so I had some insulin. We then went onto vodka and diet coke and it was then that I didn’t know if I was high or low.

I was really thirsty (which could have been through drinking or because my blood glucose was high), going to the toilet all the time (could have been cos I was drinking big volumes of lager and cider earlier, or could have been that my blood glucose high), and I also felt a bit lightheaded (maybe I was drunk or maybe I was having a hypo!).

I can remember not knowing whether to take insulin because my blood glucose was high or have glucose because it was low! It was really hard, and I decided to go home as I was scared if I did the wrong thing, I’d end up worse.

When I got home my sugar was 3.2 – I really had thought I was just drunk, and it was high from the cider and chips. Luckily, I didn’t just take extra insulin otherwise I could’ve had a really bad hypo! “

