

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

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Alcohol and substance misuse advice for young people

Patient advice leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Alcohol

The legal age to buy alcohol in the UK is 18 years old. Alcohol is measured in units and the recommendations are not to drink more than 14 units a week. It is recommended not to drink all these units in one day.

Alcohol can have a different effect on everyone, depending on height, weight, age, gender.

Although most alcoholic drinks will cause your blood glucose levels to rise, it is likely this will cause hypoglycaemia later on. This is because your liver (which stores glucose), is processing and breaking down the alcohol and often stops releasing the stores of glucose in its usual way.

Make sure your close family and friends are aware of your signs and symptoms of a hypoglycaemic episode and understand how to respond to and treat a severe hypo in the event of an emergency.

Alcohol can cloud your judgement and make you act differently. Make sure friends you are going out with know about your diabetes and how to help if needed.

Never leave your drink unattended due to the risk of drinks being spiked.

Make sure you have your treatment and a drink of water to hand when you go to bed. Alcohol is more likely to cause a hypo later on (once you have finished your afternoon/evening out) so have your hypo treatment handy.

Notes

References

Tattoos and piercings with diabetes | Diabetes UK

Recreational drugs and diabetes | Diabetes UK

Type 1 diabetes and drinking | Diabetes UK

Alcohol continued

Make sure you never drink on an empty stomach, always make sure you have a meal that contains carbohydrates before drinking alcohol.

Let your parents know if you are going out drinking and where you will be staying if you are planning on staying somewhere else afterwards.

Remember dancing is exercise so this can also have an effect on your glucose levels.

Make sure to take your diabetes supplies out with you, including blood glucose testing kit and hypo treatment.

Have your medical ID set on your phone, or wear some medical ID that identifies type 1 diabetes.

Make sure you check your blood glucose level when waking up, and it is recommended to set an alarm a couple of times in the night so you can check your glucose levels. Be aware that blood glucose levels can continue to drop until lunchtime.

Pace yourself when drinking, it is recommended you alternate an alcoholic drink with a non-alcoholic one such as water to remain hydrated.



Smoking

Smoking has an effect on everyone's health, but especially those living with type 1 diabetes. Type 1 diabetes increases your risk of cardiovascular disease and smoking can increase this risk further. If you currently smoke and want help to stop, please discuss with your diabetes team who can signpost you to local services.

Substance misuse

It is important to know the dangers drugs can have on your body especially when living with type 1 diabetes. The effects on your diabetes are hard to predict and often unknown.

There is no advice the diabetes team can give you regarding the use of illegal drugs as there is no safe way to use these. There is no way to know the exact contents of illegal drugs or the effects they would have on your body. Also, if under the influence of drugs, you may become unable to manage your diabetes safely and consider the safe management of hypoglycaemia.

Remember that no drug is a safe drug and it is important you never feel pressured. It is your responsibility to keep yourself safe.



Tattoos and piercings

If you are thinking of getting a tattoo or piercing, you should not have a problem, as long as your glucose levels are stable.

There are however a few things to think about before you do:

- Think about the location and avoid places where you may be more at risk of poor circulation.
- Think about the location in terms of where you may wear a continuous glucose monitor (CGM) or insulin pump pod/cannula.
- Tattoos in places such as ankles, feet, shins and bottom often take longer to heal, which can cause an increase risk of infection.
- Make sure you only attend a licensed location.
- Keep an eye on your glucose levels after your tattoo or piercing which will help with the healing process.
- Make sure your glucose levels are as stable as possible before you get a tattoo or piercing to help with the healing process.

