For many reasons, it’s best to avoid drinking alcohol if you have diabetes. This is especially true if you have complications from diabetes like high blood pressure.

**Questions to ask yourself before drinking alcohol:**
- Is my diabetes in good control right now?
- Is my blood pressure in good control right now?
- Do I know how alcohol affects my sugar?
- Do I take any medications that should not be mixed with alcohol?
- Does my health team agree that safe drinking is okay for me?

Having one drink occasionally is not a problem for some people with diabetes. But, if you have long-term complications from diabetes, it’s best to avoid alcohol altogether.

**Alcohol can make these health conditions worse:**
- Burning or tingling in the hands or feet, if you have nerve damage
- Damage to your eyes
- Blood pressure that isn’t controlled
- High triglycerides
- Kidney damage

**Important tips:**
- If you don’t drink, don’t start now that you have diabetes.
- Some research shows that a glass of wine can have heart benefits. But, drinking too much alcohol erases all benefits. Avoid over-drinking.
- Tell your health team if you drink regularly or if your drinking habits change.
- Always eat a meal or snack if you’ve taken a drink. Test your sugar before bed if you’ve had a drink in the evening to determine whether you need a snack before sleeping.