

Be Prepared and Know What To Do:

- ❑ Always carry a fast-acting glucose source with you.
- ❑ Treat your symptoms early.
- ❑ Eat meals & snacks on time.

Comment: _____

- ❑ Take insulin or pills at prescribed times, in prescribed amounts.
- ❑ Carry an identification card and/or Medic Alert© bracelet.
- ❑ If you have more than 2 episodes of low blood glucose/week, they are severe, or you don't know why they occur, tell your doctor.



Monitor and record your blood glucose more often.

Your medication may need to change (over time) if your blood glucose levels are often too low or too high.

Adapted From Halton Diabetes Program 2011

Garden City Diabetes Care Team

Managing Low Blood Glucose

Hypoglycemia

What Is It?

If you are taking pills or insulin for your diabetes, your blood glucose may drop below 4 mmol/L.

Less
than
4

What Causes It?

- Skipping or delaying meals
- Meals without carbohydrate
- Being more active than usual without eating a snack
- Taking more medication than you need
- Alcohol without carbohydrate



What Does It Feel Like?

People have different symptoms – you may have one or several.

Symptoms can come on quickly and get worse if not treated.



Early Symptoms:

- ◆ Hungry
- ◆ Nervous
- ◆ Shaky
- ◆ Sweaty
- ◆ Fast heartbeat
- ◆ Numbness/tingling in tongue or lips
- ◆ Weak
- ◆ Irritable
- ◆ Dizzy
- ◆ Lightheaded

Additional Symptoms:

- ◆ Confused
- ◆ Drowsy
- ◆ Blurred vision
- ◆ Unconscious
- ◆ Mood changes
- ◆ Headache
- ◆ Seizures

If you become unconscious, someone MUST call 911 immediately!!



How Do I Treat It?

As soon as symptoms appear:

- Tell someone.
- Test your blood glucose.
- If you cannot test, **treat it!**
- Take 15-20 grams of **fast-acting glucose** quickly to raise your blood glucose level.

Examples of Fast Acting Glucose:

(15-20 grams carbohydrate)

- ◆ 4-5 glucose tablets*
- ◆ 3/4 - 1 cup juice
- ◆ 3/4 - 1 cup regular pop
- ◆ 3-4 teaspoons honey or maple syrup
- ◆ 3-4 teaspoons or 3 packets of sugar
- ◆ 6-8 jelly beans or lifesavers

* Tablets are a better choice.

- If you still feel low after 10-15 minutes, test your blood glucose level. Then, eat or drink a fast acting glucose again (15-20gm carbohydrate).
- If your next meal or snack is more than one hour away, eat some slowly digested food (e.g. peanut butter & crackers or cheese & 6 crackers, 1/2 sandwich).

Avoid chocolate bars - They work too slowly to raise the blood glucose level.