

Hypoglycemia 15-15 RULE

Blood sugar of less than **70** is considered **low blood sugar**. Some symptoms you can expect are:

Mild: Shakiness, sweating, fast heartbeat, dizziness, Hunger, blurred vision, difficulty concentrating, palpitations, anxiety, headache, and tiredness

Moderate: Difficulty moving, confusion, and unusual behavior

Severe: Seizures, coma, and combative behavior

Causes of Low Blood Sugar

- ✓ Taking too much insulin or medication
- ✓ Missing a meal or snack or eating less than usual
- ✓ More activity or exercise than usual
- ✓ Drinking alcohol on an empty stomach

How to Treat a Low Blood Sugar Below 70 (Choose one method)

15 Grams (GM) of Carbohydrate Examples:

- 1/2 Tube of glucose gel
- 4 glucose tablets
- 6 pieces of hard candy
- 8 ounces of skim milk
- 4 ounces of juice (no tomato juice or V8 Vegetable juice)
- 1 tablespoon of jam/preserves, jelly, honey, or sugar

How to Treat a Low Blood Sugar Below 50 (Choose one method)

30 Grams (GM) of Carbohydrate Examples:

- 1 Tube of glucose gel
- 8 glucose tablets
- 8 ounces of juice
- 2 tablespoons of jam/preserves, jelly, honey, or sugar

Check your blood sugar results in 15 minutes, if there is no improvement, repeat treatment with 15 Grams (GM) of Carbohydrates. Follow with your next meal, if it is time, or have a snack of 1/2 sandwich and a glass of milk if it is 1-2 hours or longer away.

Remember

- ✓ Wear an identification bracelet or necklace (ask your diabetes educator)
- ✓ Always carry a quick source of sugar with you
- ✓ Check your blood sugar before driving and never drive when it is low
- ✓ Call your doctor or Telephone Advice Nurse if you have repeated low blood sugars
- ✓ If not responsive or unable to swallow, please call 911

