
The 15-15 Rule for the Management of Low Blood Sugar

A blood sugar of less than 70 is considered low blood sugar. Some symptoms you *may* have are:



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

Moderate: Difficulty moving, confusion, unusual behavior

Severe: Seizures, combative behavior, coma

Causes of Low Blood Sugar

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

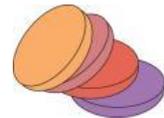
How to Treat a Low Blood Sugar of Below 70 – The 15-15 Rule:

- If your blood sugar is below 70, you need to eat 15 grams (g) of carbohydrates and then recheck your blood sugar 15 minutes later. If still below 70, repeat these steps.
- If it's time for your next meal, eat it as soon as your blood sugar is corrected

15 grams (g) of Carbohydrate Examples:

- ✓ 4 glucose tablets*
- ✓ ½ - 1 tube of glucose gel*
- ✓ 4 ounces of fruit juice
- ✓ 1 Tbsp. corn syrup
- ✓ 8 ounces of milk
- ✓ 1 Tbsp. of jam, preserves, jelly, honey, or sugar

*Ask your pharmacist or healthcare team about how much is 15 grams



**Note: If your blood sugar is below 50, you need to have 30 grams of carbohydrates instead of 15 grams. (Double the amounts listed above)

Remember:

- Wear an identification bracelet or necklace
- Always carry a quick source of sugar with you
- Check your blood glucose before driving. Never drive when your blood sugar is low
- Call your provider if you have repeated low blood sugars
- If the person is non-responsive, someone should contact emergency services – Dial 911