



Low Blood Sugar

Insulin Requiring Diabetes

Low blood sugar (hypoglycemia) occurs when there is too much insulin and not enough sugar in your bloodstream.

Causes of Low Blood Sugar

- Not enough food
- Skipping or being late with a meal or a snack
- Not eating the right kinds of food
- Too much insulin
- Extra exercise
- Alcohol

How Will You Feel?

- Hungry
- Nervous
- Shaky
- Sweaty
- Dizzy
- Headaches
- Blurred vision
- Pounding heart
- Unsteady on your feet
- Not able to think clearly
- Tingling in your tongue and lips



What Should You Do?

If you can, **test** your blood sugar. **Always take some form of sugar** when you have symptoms **or** when your blood sugar is less than 4.0 mmol/L.

Treat with 15 grams of a fast-acting form of carbohydrate (sugar)

B-D Glucose Tablets (3)
Dex 4 (4)
Hard Candy (3 large)
Lifesavers® (6-8)
Juice (3/4 cup)
Regular Pop (3/4 cup)
Sugar Packets (3)

Wait 15 minutes and retest. If blood sugar is below 4.0 mmol/L, treat again.

Severe Hypoglycemia

If your blood sugar is less than 2.8 mmol/L treat with 20 grams of carbohydrate for initial treatment in place of 15 grams.

Always be prepared to treat low blood sugar by carrying some form of sugar and wearing diabetes identification.

If a Low Blood Sugar Reaction Occurs...

...More than 1 hour before a meal or snack: test, treat and retest as stated above. Follow this by a starch and protein choice.

...During the night: test, treat and retest as stated above. Follow by a starch and protein choice.

...While driving: at the first symptom, pull to the side of the road and test, treat and retest as stated above. Follow this with a starch and protein choice. Make sure you are feeling better before driving again.

This extra food is in addition to your daily meal plan.

It is recommended to...

...Test your blood sugar before driving and at least every 4 hours on long trips.

Type 1 Diabetes

...Have a glucagon kit available for a friend or family member to administer in case of a severe low blood sugar that requires the assistance of another person.

If you do not have your meter with you, treat symptoms anyway. It is better to be safe.