

## *Hypoglycemia*

**True hypoglycemia (low blood sugar) is  $< 55$ . However, our body begins to have symptoms  $< 70$  so that we can respond before we reach this. If glucometer readings are  $< 70$ :**

- Follow the 15-15 rule: Eat or drink something from the list below equal to 15 grams of carbohydrate (carb).
- Rest for 15 minutes, and then re-check blood glucose. If it is still below 70, repeat step 1 above.
- If your next meal is more than an hour away, you will need to eat one carbohydrate choice as a snack to keep your blood glucose from going low again.
- Always carry something with you to treat an insulin reaction. Use food from the list below.

### **Food equal to one carbohydrate choice (15 grams of carb):**

3 Glucose tablets or 4 Dextrose tablets

4 ounces of fruit juice

5-6 ounces (about  $\frac{1}{2}$  can) or regular soda such as Coke or Pepsi

7-8 gummy or regular Life Savers

1 Tbsp. of sugar or jelly

8 ounces of milk

### **If patient is unresponsive:**

- Family members should give glucagon emergency injection. Glucagon may cause you to vomit. Place patient on side when injection is given. If nobody knows how to give it or patient does not have this medication call 911.
- Patient should awaken about 10 minutes after the glucagon is given. If does not, patient should be taken to ER.