

HYPOGLYCEMIA



For people with diabetes, hypoglycemia (low blood sugar) is defined as blood glucose (BG) lower than 70 mg/dL. Severe hypoglycemia is BG below 55 mg/dL that may require another person's help to treat. Medications that lower BG, such as insulin and some oral medications, can contribute to the onset of low BG.



Signs & Symptoms

- Hunger
- Trembling
- Sweating
- Pale skin
- Irritability
- Drowsiness
- Fast heart rate
- Dizziness
- Weakness
- Clumsy movements

Treatment

15 grams of rapid-acting carbohydrates (glucose tablets, honey, hard candies or fruit juice)

15/15 Rule: When BG drops below 70 mg/dL, treat with 15 grams of carbohydrates, wait 15 minutes, then check BG again. If still low, repeat the 15/15 Rule. In case of an emergency, you may need glucagon or another form of rescue therapy.



If You Have Diabetes:

- Carry fast-acting carbs and glucagon with you.
- Keep a supply of carbs and glucagon where you work, go to school, travel, or spend significant amounts of time.
- Talk about the signs and symptoms of low and severe low BG with people who spend time around you. Share the location of your low supplies with them. Show them how to use glucagon.
- Wear medical ID that says "diabetes" and lists current diabetes meds such as insulin.



If You Spend Time Around Someone Who Has Diabetes:

- Remember that low or severely low BG can happen at any time.
- Ask where they keep fast-acting carbs and/or glucagon to treat lows.
- Notice if they start to display any of low/severely low signs or symptoms.
- Assist them to check their BG if possible and help them drink or eat something sugary.
- If they cannot drink or eat, or they pass out, give glucagon and call 911 immediately.
- Do not try to make someone who is unconscious eat or drink.



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