
Hypoglycemia “15-15”- Rule

Blood glucose (sugar) of **less than 70** is considered too low!

Some symptoms of low blood glucose you can expect are:

Mild

Shakiness
Sweating
Fast heart beat
Hunger
Blurred vision
Difficulty thinking
Hunger
Anxious
Headache
Tired

Moderate

Difficulty Moving
Confusion
Unusual behavior

Severe

Seizure
Coma
Combative



Causes of Low Blood Glucose

- Taking too much insulin or diabetes medication.
- Taking insulin or medication and not eating enough carbohydrate at your meal or snack.
- Missing a meal or snack, or eating less than usual.
- More physical activity or exercise than usual.
- Drinking alcohol on an empty stomach.



How to Treat a Low Blood Glucose Below 70

- Keep a source of **15 grams of carbohydrate** within reach at all times. It is important to have something with you. Keep something in your pocket, your car and at your bedside at all times.

- **Sources of 15 grams of carbohydrate:**

- 4 glucose tablets
- 6 pieces of hard candy (chewable)
- 4 ounces (1/2 cup) fruit juice
- 1 tube of glucose gel
- 8 ounces (1 cup) skim milk
- 1/2 of 12 ounce can of regular soda



- If your blood sugar is low (below 70), take **15 grams of carbohydrate**; if your blood sugar is below 50 take **30 grams of carbohydrate**.
- Wait 15 minutes then recheck your blood sugar. If it is still below 70, take another 15 grams of carbohydrate.
- Wait another 15 minutes then recheck your blood sugar again.
- Once your blood sugar is above 70, be sure to eat a meal or snack within an hour to keep from dropping again.



Remember:

- Wear an ID bracelet or necklace (ask your diabetes educator).
- Never take insulin or diabetes pills without eating.
- Never take your insulin or diabetes pills at home and then drive to a restaurant. Instead, bring diabetes medication to the restaurant and take when your food is served.
- Always carry a quick source of carbohydrate (sugar) with you.
- Check your blood glucose before driving, especially if you do not feel symptoms of low glucose. Never drive when your blood sugar is low.
- Call your doctor or the Nurse Advice Line if you have repeated low blood sugar readings (two or more a week!).
- If you are unable to swallow a quick source of sugar, call 911.