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:

<table>
<thead>
<tr>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
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<tbody>
<tr>
<td>Shakiness</td>
<td>Difficulty Moving</td>
<td>Seizure</td>
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<tr>
<td>Sweating</td>
<td>Confusion</td>
<td>Coma</td>
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<tr>
<td>Fast heart beat</td>
<td>Unusual behavior</td>
<td>Combative</td>
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<td>Hunger</td>
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<tr>
<td>Blurred vision</td>
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<tr>
<td>Difficulty thinking</td>
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<tr>
<td>Hunger</td>
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<td>Anxious</td>
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<td>Headache</td>
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<tr>
<td>Tired</td>
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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.