
The 15-15 Rule for the Management of Low Blood Sugar (Glucose)

What is a low blood sugar or hypoglycemia?

A blood glucose less than 70.

What are some symptoms of low blood sugar?

- **Mild:** Shakiness, sweating, fast heartbeat, dizziness, hunger, blurred vision, difficulty concentrating, palpitations, anxiety, headache and tiredness.
- **Moderate:** Difficulty moving, confusion, or unusual behavior
- **Severe:** Seizures, combative behavior, or coma

What causes low blood glucose?

- Taking too much insulin or medication
- More activity or exercise than usual
- Missing a meal or eating less than usual
- Drinking alcohol on an empty stomach

How do you treat a blood glucose less than 70?

- Eat 15 grams (g) of carbohydrate
- Wait 15 minutes and recheck blood glucose
- If blood sugar level is still below 70, repeat steps

Examples of 15 grams of carbohydrate:

- 3-4 glucose tablets*
- 1/2 - 1 tube glucose gel*
- 4 ounces of 100% fruit juice
- 1 Tbsp. corn syrup
- 8 ounces of skim milk
- 1 Tbsp. jam, preserves, jelly, honey or sugar

*Ask your pharmacist or healthcare team about how much is 15 grams

** Note: If your blood glucose is below 54, you need to have 30 grams of carbohydrate instead of 15 grams. HINT: double the amounts above.

Remember:

- Wear an identification bracelet or necklace
- Always carry a quick source of sugar with you
- Check your blood glucose before driving. Never drive when you are low.

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- Call your provider if you have repeated low blood glucoses.
 - If the person is non-responsive, someone should inject glucagon and contact emergency services or 911.