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# Hypoglycemia “15-15”- Rule

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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  
Anxiety  
Headache  
Tiredness

## **Moderate**

Difficulty Moving  
Confusion  
Unusual Behavior  
Irritable

## **Severe**

Seizure  
Combative  
Coma

## **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.

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## How to Treat a Low Blood Glucose:

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

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



- 4 glucose tablets
  - 3 pieces of hard candy
  - 4 ounces (1/2 cup) fruit juice
  - 1 tube of glucose gel
  - 8 ounces (1 cup) milk
  - 6 ounces of regular soda (1/2 can)
- If your blood sugar is between 50-70, 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.

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**Remember:**

- Wear a medical 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 to 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 Telephone Triage Line if you have frequent unexplained low blood sugar readings (two or more a week).
- If you are unable to swallow a quick source of sugar, call 911.