

How to Treat Low Blood Sugar

Hypoglycemia emergency action guide for patients with diabetes

■ **If you are having a hypoglycemic emergency and cannot swallow safely, call 911 immediately or have someone inject glucagon.**

Signs of Low Blood Sugar (Hypoglycemia)

- Shakiness / trembling
- Sweating
- Rapid heartbeat
- Anxiety or irritability
- Hunger
- Dizziness or lightheadedness
- Pale skin
- Headache
- Confusion or difficulty concentrating
- Blurred vision
- Weakness / fatigue
- Tingling in lips or tongue

The 15-15 Rule: What to Do

Step 1	Check your blood sugar with your glucometer if possible.
Step 2	If blood sugar is below 70 mg/dL (or you have symptoms and cannot check): eat or drink 15 grams of fast-acting carbohydrate immediately.
Step 3	Wait 15 minutes. Do not eat more yet.
Step 4	Recheck your blood sugar. If still below 70 mg/dL, repeat Step 2.
Step 5	Once blood sugar is above 70 mg/dL and you feel better, eat a small snack with protein (e.g., peanut butter crackers, cheese, or half a sandwich) if your next meal is more than 1 hour away.

15 Grams of Fast-Acting Carbohydrate = Any of These:

- **4 oz (half cup) of fruit juice** — orange juice, apple juice, grape juice
- **4 oz (half cup) of regular soda** — not diet — must have real sugar
- **3–4 glucose tablets** — available at any pharmacy without prescription
- **1 tube glucose gel** — available at any pharmacy
- **1 tablespoon of sugar** — dissolved in water

- **8 oz (1 cup) of low-fat milk** — a convenient and effective option

■ **Do NOT treat with: chocolate bars, ice cream, chips, or cookies. These contain fat which slows sugar absorption and delays recovery.**

When to Call 911

- The person is unconscious or cannot be woken up
- The person is confused and cannot swallow safely
- Blood sugar does not improve after two rounds of the 15-15 rule
- Seizure occurs

Glucagon Emergency Kit

If you are prescribed a glucagon kit (Gvoke, Baqsimi nasal spray, or Zegalogue), keep it accessible at all times. Make sure a family member or coworker knows where it is and how to use it. Glucagon is used when someone is unconscious or unable to swallow.